

# December 2018

# Sheldon Community School



**Meal Prices-Students--\$2.65  
Adults--\$3.70**

This institution is an equal opportunity



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Chicken Strips  
Whipped Potatoes/Gravy **3**  
Green Beans  
Bananas  
Milk

Potato Nugget Hot Dish **4**  
Corn  
Peaches  
Bread  
Milk

Italian Dunkers/Cheese Bread **5**  
Broccoli/Carrots  
Pears  
Milk

Chicken/Chili/Veg Soup **6**  
Carrots/Celery  
Crackers  
Warm Apple Slices  
Bread/Butter  
Milk

Hamburger/Bun **7**  
French Fries  
Baked Beans  
Mixed Fruit  
Milk

Cream Chicken **10**  
Whipped Potatoes  
Green Beans  
Bananas  
Milk

BBQ Rib or Turkey Sub **11**  
Potato Wedges  
Vegetable Bar  
Mixed Fruit  
Milk

Mini Corn Dogs **12**  
Smiles  
Broccoli  
Peaches  
Milk

Tacos—Bag or Hard Shell **13**  
Lettuce/Tomato/Cheese  
Refried Beans  
Corn  
Pears  
Milk

Chicken Quesadilla **14**  
Lettuce Salad  
Carrots/Celery  
Pineapple  
Milk

Christmas Nuggets **17**  
Whipped Potatoes/ Gravy  
Green Beans  
Bananas  
Milk

Stromboli **18**  
Broccoli/Carrots  
Sidekicks  
Milk

Chicken Fajita on **19**  
Flatbread or Softshell  
Oven Potatoes/Carrot Sticks  
Pears  
Milk

Baked Potato with **20**  
Cheese/Chili  
California Mix/Green Beans  
Peaches  
Milk

Hotdog/Bun **21**  
French Fries  
Baked Beans  
Applesauce  
Milk

**24**  
NO SCHOOL

**25**  
MERRY  
CHRISTMAS

**26**  
NO SCHOOL

**27**  
NO SCHOOL

**28**  
NO SCHOOL

**31**  
NO SCHOOL



Salad Bar available daily  
at Middle School and  
High School.

Menus subject to  
change without notice.

