

November 2018

Sheldon Community Schools

LUNCH



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

This institution is an equal opportunity provider



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



Menus subject to change without notice

Salad Bar available daily at Middle & High School

Popcorn Chicken
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

5

Lasagna
Lettuce/Carrots/Celery
Garlic Bread
Peaches
Milk

6

Hot Ham/Cheese on a Bun
Hash Browns -- Jumbo
Broccoli
Mixed Fruit
Milk

7

Tacos--Softshell
Lettuce/Tomato/Cheese
Corn
Refried Beans
Churros
Pears/Milk

1

Chicken Quesadilla
Lettuce/Carrots/Celery
Pineapple
Milk

2

Orange Chicken
Broccoli/Carrots
Asian Rice
Bananas
Bread/Butter
Milk

12

Stromboli
Lettuce/Carrots/Celery
Sidekicks
Milk

13

Corn Dog
Ranch Wedges
Corn
Peaches
Milk

14

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

8

Hamburger/Bun
French Fries
Baked Beans
Pears
Milk

9

Chicken Grill
Pasta/Alfredo
Broccoli/Carrots
Bananas
Milk

19

Hotdog/Bun
French Fries
Baked Beans
Applesauce
Milk

20

NO SCHOOL

21

HAPPY
THANKSGIVING

22

NO SCHOOL

23

Tavern/Bun
Coleslaw
Sweet Potato Fries
Bananas
Milk

26

Tuna/Noodles
Peas/Mixed Veg.
Dinner Roll
Peaches

27

Pork Tenderloin/Bun
Ranch Wedges
Baked Beans
Pears
Milk

28

Nachos Supreme
with Meat & Cheese
Lettuce/Carrot/Celery
Ranchero Beans
Mixed Fruit
Milk

29

Pizza
Broccoli/Carrots
Pineapple
Milk

30