

April 2018

Sheldon Community School District



**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

2
No School

3
No School

4
Chicken Grill
Pasta with Alfredo
Broccoli/Carrots
Bananas
Fruit
Milk

5
Softshell Tacos
Lettuce/Cheese/Tomato
Corn/Refried Beans
Peaches
Milk

6
Double Stuffed Pizza
Lettuce Salad
Carrots
Pineapple
Milk

9
Creamed Chicken
Potatoes/Gravy
Peas
Bananas
Milk

10
Hamburger/Bun
French Fries
Baked Beans
Applesauce
Milk

11
Scalloped Potatoes
w/Ham or Hotdogs
Green Beans
Peaches
Milk

12
Baked Potato
w/Chili/Cheese
California Mix/Green Beans
Pears
Milk

13
Chicken Fajita on Flat Bread
Ranch Wedges
Lettuce/Tomatoes/Cheese
Pineapple
Milk

16
Chicken Nuggets
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

17
Stromboli
Broccoli/Carrots
Sidekicks
Milk

18
Lasagna
Lettuce Salad/Carrots
Garlic Bread
Peaches
Milk

19
*New Item:
Cheese French Bread
Lettuce/Carrots
Pineapple
Milk

20
Chicken Patty/Bun
Ranch Wedges
Carrot Sticks
Mixed Fruit
Milk

23
Tavern/Bun Or
(BBQ Pork @ HS)
Sweet Potato Fries
Cole Slaw
Bananas
Milk

24
Potato Nugget Hotdish
Corn
Peaches
Bread/Butter
Milk

25
Corn Dog
Smiles
Baked Beans
Pears
Milk

26
Nachos Supreme
w/Meat & Cheese Sauce
Lettuce/Carrots
Pears
Milk

27
Pizza
Broccoli/Carrots
Pineapple
Milk

30
Chicken Strips
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk



Choice of Salad Bar available
at Middle & High School daily
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Menus subject to  
change without notice

