

# January 2018

## Sheldon Community School



**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

1  
Happy New Year

2  
Meatloaf  
Whipped Potatoes/Gravy  
Corn  
Applesauce/Milk

3  
Corn Dog  
Smiles  
Baked Beans  
Peaches/Milk

4  
Chicken/Chili/Veg.Soup  
Carrots/Celery  
Warm Apples  
Bread/Butter/Milk

5  
Chicken Pattie/Bun  
Ranch Wedges  
Carrot Sticks  
Pears/Milk

8  
Popcorn Chicken  
Whipped Potatoes/Gravy  
Green Beans  
Bananas/Milk

9  
Lasagna  
Lettuce/Carrots/Celery  
Peaches  
Garlic Bread/Milk

10  
Lil Bites-Nacho  
Smiles  
Carrot Sticks  
Pears/Milk

11  
Hotdog/Bun  
French Fries  
Baked Beans  
Applesauce/Milk

12  
No School

15  
No School

16  
Creamed Chicken  
Whipped Potatoes  
Green Beans  
Mixed Fruit/Milk

17  
Hamburger/Bun  
French Fries  
Baked Beans  
Pears/Milk

18  
Tacos-Softshell  
Lettuce/Tomato/Cheese  
Corn/Refried Beans  
Peaches/Milk

19  
Stuffed Crust Pizza  
Lettuce/Carrots/Celery  
Pineapple  
Milk

22  
Taverns/Bun  
Sweet Potato Fries  
Coleslaw  
Bananas/Milk

23  
Scalloped Potatoes  
w/Ham/Hotdog  
Green Beans  
Pears/Milk

24  
Italian Dunkers  
Winter Mix/Carrots  
Peaches  
Milk

25  
Nacho Supreme  
w/Cheese and Meat  
Lettuce/Carrots/Celery  
Pineapple/Milk

26  
Pork Tenderloin/Bun  
Wedges  
Baked Beans  
Mixed Fruit/Milk

29  
Chicken Nuggets  
Whipped Potato/Gravy  
Green Beans  
Bananas/Milk

30  
Potato Nugget Hot Dish  
Corn  
Peaches  
Bread/Butter/Milk

31  
Hot Ham/Cheese  
Smiles  
Baked Beans  
Applesauce/Milk



Choice of Salad Bar available at Middle and High School daily

Menus subject to change without notice.