

May 2018

Sheldon Community School



Meal Prices – Students--\$2.65
 Adults--\$3.70
 This institution is an equal opportunity provider.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Choice of Salad Bar
 available at
 Middle & High School daily.

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 Menus subject  
 to change without notice.

## Tuesday

SENIOR FAVORITE **1**  
 Lasagna  
 Lettuce Salad/Carrots/Celery  
 Peaches  
 Garlic Bread  
 Milk

## Wednesday

Hamburger/Bun **2**  
 French Fries  
 Baked Beans  
 Applesauce  
 Milk

## Thursday

SENIOR FAVORITE **3**  
 Taco/Bag  
 Lettuce/Tomato/Cheese  
 Refried Beans  
 Pears  
 Milk

## Friday

Breakfast for Dinner **4**  
 French Toast  
 Hash Browns  
 Little Smokies  
 Carrot Sticks  
 Oranges/Milk

SENIOR FAVORITE **7**  
 Creamed Chicken  
 Whipped Potatoes  
 Green Beans  
 Bananas  
 Milk

SENIOR FAVORITE **8**  
 Stromboli  
 Broccoli/Carrots  
 Sidekicks  
 Milk

SENIOR FAVORITE **9**  
 Tuna Noodles  
 Peas/Mixed Veg.  
 Pears  
 Dinner Roll  
 Milk

SENIOR FAVORITE **10**  
 Nachos Supreme  
 Cheese/Meat  
 Lettuce Salad/Carrots/Celery  
 Applesauce  
 Milk

SENIOR FAVORITE **11**  
 Italian Dunkers/Cheese Bread  
 California Mix  
 Pineapple  
 Milk

SENIOR FAVORITE **14**  
 Orange Chicken  
 Broccoli/Carrots  
 Asian Rice  
 Bananas  
 Milk

SENIOR FAVORITE **15**  
 Potato Nugget Hot Dish  
 Corn  
 Peaches  
 Bread/Butter  
 Milk

SENIOR FAVORITE **16**  
 Corndogs  
 Ranch Wedges  
 Baked Beans  
 Pears  
 Milk

SENIOR FAVORITE **17**  
 Baked Potato  
 Cheese/Chili  
 California Mix  
 Applesauce  
 Milk

**18**  
 Pizza  
 Green Beans  
 Carrot Sticks  
 Pineapple  
 Milk

SENIOR FAVORITE **21**  
 Chicken Grill  
 Noodles/Alfredo  
 Broccoli Normandy  
 Bananas  
 Milk

**22**  
 Tavern/Bun  
 Sweet Potato Fries  
 Coleslaw  
 Peaches  
 Milk

**23**  
 Lil Bites/Cheese Bread  
 Lettuce/Carrots/Celery  
 Baked Beans  
 Fruit  
 Milk

**24**  
 Taco  
 Lettuce/Tomato/Cheese  
 Refried Beans/Corn  
 Fruit  
 Milk

**25**  
 Flatbread/Softshell  
 Smiles  
 Vegetable  
 Fruit  
 Milk

**28**  
 NO SCHOOL

**29**  
 Cooks Choice/Bun  
 Oven Potatoes  
 Vegetable  
 Bananas  
 Milk

**30**  
 Hotdog/Bun  
 French Fries  
 Baked Beans  
 Fruit  
 Milk

**31**  
 Ham/Cheese/Bun  
 Chips  
 Carrot Sticks  
 Applesauce  
 Treat  
 Milk

