

November 2017

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



6
Orange Chicken
Oriental Rice
Broccoli/Carrots
Fruit
Milk

7
Scalloped Potatoes with
Ham or Hotdog
Green Beans
Fruit
Milk

8
Hamburger/Bun
French Fries
Baked Beans
Fruit
Milk

9
Taco in a Bag/Hardshell
Lettuce, Tomato, Cheese
Refried Beans
Fruit
Milk

10
Pizza
Lettuce Salad
Carrots/Celery
Fruit
milk

13
Popcorn Chicken
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

14
Potato Nugget Casserole
Corn
Fruit
Bread/Butter
Milk

15
Corndog
Ranch Wedges
Baked Beans
Fruit
Milk

16
Creamed Turkey
Whipped Potatoes
Sweet Potatoes
Stuffing
Green Beans
Fruit/Milk

17
Italian Dunkers
Broccoli/Carrots
Fruit
Milk

20
Country Fried Steak
Whipped Potato/Gravy
Green Beans
Fruit
Milk

21
Hotdog/Bun
French Fries
Baked Beans
Fruit
Milk

22
No School

23
HAPPY
THANKSGIVING

24
No School

27
Chicken Strips
Whipped Potatoes/Gravy
Green Beans
Fruit
Milk

28
Stromboli
Broccoli/Carrots
Sidekicks
Milk

29
Hot Ham/Cheese/Bun
Smiles
Baked Beans
Fruit
Milk

30
Nachos Supreme
w/Meat/Cheese
Lettuce Salad
Carrots/Celery
Fruit/Milk

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

