

Sheridan High School



2nd Breakfast \$4
OR
Guest Lunch \$5 Milk \$.50

**ALL LUNCHES SERVED W/FRESH
FRUIT & VEGETABLES VARIETY BAR**

LUNCH Menu

March-June 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1					NO SCHOOL
2	Chicken w/biscuit OR Ham & Cheese Sub	Taco Salad OR Burrito	Nachos OR Wings w/bread	Pizza OR Deli Sub	NO SCHOOL
3	Orange Chicken OR Deli Sub	Fry Bread Taco OR Taco Salad	Wings OR Quesadilla	Chicken Wrap OR Deli Sub	NO SCHOOL
4	Pizza OR Deli Sub	Taco Salad OR Cheeseburger	Bean & Cheese Burrito OR Enchilada	Chicken Burger OR Wings w/bread	NO SCHOOL

BREAKFAST
Cereal w/cheese
OR
Monday:

French Toast w/Links

Tuesday

Sausage Muffin

Wednesday

Yogurt Parfait

Thursday

Breakfast Burrito

DAILY

Fruit Choices:
Apple, Orange,
Apple Juice,
Orange Juice

Milk Choices
Fat Free or 1%

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

January 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

March 2024						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan

1. 2015-2020 Dietary Guidelines for Americans
2. USDA. MyPlate.gov. <http://www.myplate.gov>.