

Sheridan High School



MEAL PRICING:

Lunch Full Price \$5

Milk Only \$.50

Lunch served w/fresh fruit & vegetable bar

LUNCH Menu

August-January 2025

WEEK	MON	TUE	WED	THU	FRI
1	Orange Chicken OR Ham & Turkey Sandwich	Mac & Chs. w/mini corn dogs OR Chicken Burger	Taco Salad OR Chicken Wings	Pepperoni Pizza OR Chicken Ranch Wrap	No School
2	Chicken Alfredo OR Meatball Sub	Cheeseburger OR Spicy Chicken Both w/Fries	Chicken Caesar Salad OR Nachos	Chicken Parm. Burger OR Ham & Turkey Sub	No School
3	Chili w/Corn Muffin OR Chicken Nuggets	Chicken Quesadilla OR Bean & Cheese Burrito Both w/fries	Chicken Wings w/bread OR Taco Salad	Pepperoni Pizza OR Chicken Ranch Wrap	No School
4	Teriyaki Chicken w/Rice OR Turkey & Cheese Sub	Spaghetti w/garlic bread OR Baked Chicken w/roll	Chicken Caesar Salad OR Cheeseburger	Spicy Chicken Burger OR Ham & Chs. Sub	No School

DAILY BREAKFAST SELECTIONS:

Monday
Cinnamon Bun

Tuesday
Breakfast Burrito or Cereal

Wednesday
Breakfast Round or Cereal

Thursday
French Toast or Cereal

Served Daily with Fruit, Juice, and Milk

****Menu subject to change at anytime**

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

1. NHANES 2011-12 and NHANES 2013-2014.

2. USDA. MyPlate.gov. <http://www.myplate.gov>.