

Sheridan Middle School 2019-2020 Lunch Menu

Milk, Juice & Fruit Offered Daily		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	MONDAY	Choice of Muffins Pop Tarts Cereal Bar Uncrustables	Choice of Cereal Cocoa Cherry Bar Uncrustables Muffins	Choice of Uncrustables Chocolate Oatmeal Bar Pop Tarts Crunch Mania	Choice of Cereal Bar Bagels w/Cream Cheese Chocolate Oatmeal Bar Pop Tarts	Choice of Crunch Mania Cocoa Cherry Bar Muffins Chocolate Oatmeal Bar			
	MENU #1	Meatball Sub Potato Wedges Green Beans Fruit & Vegetable Bar Milk	All Beef Hotdog w/ Coney Sauce Seasoned Fries Fruit & Vegetable Bar Milk	Rice Bowl Popcorn Chicken Seasoned Rice California Blend Veggies Fortune Cookie Fruit & Vegetable Bar Milk	Macaroni & Cheese Chicken Tenders Broccoli Fruit & Vegetable Bar Milk	Big Daddy Pizza Buttered Corn Romaine Blend Salad w/Ranch or Italian Dressing Fruit & Vegetable Bar Milk			
	MENU #2	Pulled Pork Sandwich on WG Bun Tator Tots Seasoned Green Beans Fruit & Vegetable Bar Milk	Chicken Patty on WG Bun Fries Fruit & Vegetable Bar Milk	Chicken & Noodles Whipped Potatoes Roll & Butter Fruit & Vegetable Bar Milk	Super Nachos Taco Meat, Cheese, Shredded Lettuce, Refried Beans & Salsa Fruit & Vegetable Bar Milk	Pepperoni or Cheese Pizza Steamed Broccoli w/Cheese Romaine Salad Blend w/Ranch or Italian Dressing Fruit & Vegetable Bar Milk			
	MENU #3	Shredded Chicken on WG Bun Cheesy Potatoes Fruit & Vegetable Bar Milk	Egg & Cheese Omelet or French Toast Sticks w/Syrup Sausage Patties Hash Browns Fruit & Vegetable Bar Milk	Potato Bowl Popcorn Chicken Whipped Potatoes Corn & Gravy Fruit & Vegetable Bar Milk	BYO General Burger Bar on WG Bun Seasoned Fries Baked Beans Fruit & Vegetable Bar Milk	Stuffed Crust Pizza Seasoned Green Beans Romaine Blend Salad w/Ranch or Italian Dressing Fruit & Vegetable Bar Milk			
MENU #4	Asian Rice Bowl Popcorn Chicken Seasoned Rice California Blend Veggies Mini Eggroll Fruit & Vegetable Bar Milk	Mini Corn Dogs Baked Beans & Scoops Carrots w/Dip Fruit & Vegetable Bar Milk	Chicken Alfredo Seasoned Green Beans Frozen Fruit Cup Texas Toast Fruit & Vegetable Bar Milk	BYO Burrito Taco Meat, Cheese, Lettuce & Salsa Spanish Rice/Refried Beans Fruit & Vegetable Bar Milk	Tony's Round Pizza Steamed Mixed Veggies w/Cheese Romaine Blend Salad w/Ranch or Italian Dressing Fruit & Vegetable Bar Milk				

THERE IS A NO CHARGE POLICY. LUNCH PRICES

\$2.25/reduced 40¢
Adult \$2.50
Extra Milk 50¢
WG = Whole Grain



- The Fruit & Vegetable Bar offers a variety of Fruits and Vegetables daily such as: Romaine Lettuce Mix, Carrots, Celery w/Peanut Butter, Broccoli & Cauliflower, Black Beans, Cheese, Pickles, Apples, Bananas, Applesauce, Grapes and Peaches.
- All flavored milk and white milk served is 1%.
- Additional entrees offered daily.
- Breakfast is offered to all students at no cost. A variety of items offered, which includes 100% Juice or Fruit and 1/2 Pint of Milk.
- Parents are encouraged to prepay for meals. You can also prepay online with your credit/debit card. See the school's website nlsd.k12.oh.us.
- Free & Reduced applications are available at any school office. For more information please call the food service department at 740-743-1303.
- We offer meals that meet the National School Lunch Program guidelines. Each meal includes a protein, fruit and/or a vegetable, bread and milk. Lunch provides 1/3 of recommended daily allowance of nutrients and calories for this age group.
- Northern Local can not guarantee trace amounts of potential allergens not listed on food labels for sensitive individuals.
- For nutrition information and lunch balance accounts visit the following website:

<http://powpak.nlsd.k12.oh.us/powpak/cgi-bin/homepage.pl?id=cafeteria>

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

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AUGUST 2019	SEPTEMBER 2019	OCTOBER 2019	NOVEMBER 2019	DECEMBER 2019	JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3	1 2 3 4 5 6 7	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4	1	1 2 3 4 5 6 7	1 2 3 4	1 2
4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	2 3 4 5 6 7 8	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	9 10 11 12 13 14 15	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	16 17 18 19 20 21 22	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30 31	23 24 25 26 27 28 29	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30