

SEPTEMBER 2021

Sherrard Jr-Sr High Menu

LUNCH



School Information: Menu Subject to Change
This institution is an equal opportunity provider.
Early Dismissal Days: September 8 & 22



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Super Nachos
SideKick
Mixed Fruit
Milk Choice

Breaded Chicken Patty/Bun
Broccoli
Peaches
Milk Choice

Hot Dog/Bun
Fries
Pears
Milk Choice

Labor Day

Tenderloin/Bun
Smiley Potatoes
Applesauce
Milk Choice

Popcorn Chicken
Broccoli
Apple
Milk Choice

Ribette/Bun
Honey Bunny Bites
Chips
Mixed Fruit
Milk Choice

Popcorn Shrimp
Goldfish Crackers
Creamy Coleslaw
Pineapple
Milk Choice

Cheese Dippers
Marinara Sauce
Celery
Mixed Fruit
Milk Choice

Chicken Finger Fries
Chips
Baked Beans
Pineapple
Milk Choice

Tigerable
Baby Carrots
Cheese Stick
Applesauce
Milk Choice

Grilled Chicken/Bun
Corn
Peaches
Milk Choice

Uncrustable
Tossed Salad/Tomatoes
Chex Mix
Pears
Milk Choice

Pizza Crunchers
Marinara Sauce
Carrots
Pineapple
Milk Choice

Hamburger/Bun
Tater Tots
Mixed Fruit
Milk Choice

Chicken Nuggets
Celery/Peanut Butter
Cool Ranch Chips
Apple
Milk Choice

Walking Tacos
Tomatoes
Peaches
Milk Choice

Mini Corn Dogs
Baked Beans
Sports Grahams
Applesauce
Milk Choice

Sausage Biscuit
Hash Browns
Pears
Milk Choice

Tiger Rite/Bun
Chips
Creamy Coleslaw
SideKick
Milk Choice

Chicken Tenders
Broccoli
Pineapple
Snack Cookie
Milk Choice

Cheeseburger/Bun
Baked Beans
Mixed Fruit
Milk Choice