

Sherman Indian High School

001 - SHERMAN INDIAN HIGH SCHOOL

Cycle 2 Dinner Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep - 25 Cheese Ravioli Breadstick CA Vegetable Fresh Fruit Whole Sugar Cookies Milk 1% FF Chocolate Milk	Sep - 26 Chimichanga Mexican Rice Pinto Beans Golden Corn Salsa Sour Cream Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Churro	Sep - 27 Chicken Parmesan Linguine Noodles Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Pound Cake	Sep - 28 Meatloaf Potato Salad Dinner Roll Margarine Corn on the Cob Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Sandwich	Sep - 29 Beef Stew Cornbread Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch RICE KRISPY TREAT	Sep - 30 Pork Chop Mashed Potatoes Brown Gravy Dinner Roll Margarine Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Chocolate Mousse	Oct - 1 Beef Tacos Cheese Cheddar Shre Cilantro & Onion Pico De Gallo Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Vanilla Pudding
Oct - 2 Pizza Chicken Wings Marinara Sauce Ranch Dressing Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Apple Turnover	Oct - 3 Baked Potato Beef Chili Nacho Cheese Cheese Cheddar Shre Sour Cream Margarine Broccoli Florets Green Onions Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Orange Dream Ice Cre	Oct - 4 Grilled Chicken Breast Potatoes Au Gratin Roll Margarine Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Oreo Cookies	Oct - 5 Meatball Sandwich Potato Chips Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Jello w/cool whip	Oct - 6 Meatloaf Scalloped Potatoes Roll Corn on the Cob Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Vanilla Pudding w/Waf Fruit Punch	Oct - 7 Orange Chicken White Rice Veg Spring Roll Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Almond Cookie	Oct - 8 Pizza Chicken Wings Marinara Sauce Ranch Dressing Green Salad Salad Dressing, Assort Milk 1% FF Chocolate Milk Fruit Punch Fruit Punch Popsicle
Oct - 9 Beef Enchilada Casser Pinto Beans Pico De Gallo Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Chocolate Chip Cookie	Oct - 10 BIRTHDAY DINNER Steak Sour Cream Mshd Pot Seasoned Broccoli Kaiser Roll Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Birthday Cake	Oct - 11 Sweet & Sour Pork White Rice Stir Fry Vegetables Egg Roll Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Fortune Cookie	Oct - 12 Roast Beef Mashed Potatoes Brown Gravy Mixed Veggies Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch APPLE COBBLER	Oct - 13 Meatloaf Potato Salad Dinner Roll Margarine PEAS & CARROTS Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Sandwich	Oct - 14 Teriyaki Chicken Veg Spring Roll Brown Rice Mixed Veggies Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Sandwich	Oct - 15 Hot Dogs Hot Dog Bun White Beef Chili Potato Wedges Cheese Cheddar Shre Salad Bar CA Vegetable Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Sugar Cookies

***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Cycle 2 Dinner Menu

Sep 18, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct - 16 Tostado Bowl Taco Meat Mexican Rice Pinto Beans Cheese Cheddar Shre Lettuce & Tomato Pico De Gallo Milk 1% FF Chocolate Milk Fruit Punch Chocolate Cake	Oct - 17 Corndog French Fries Ketchup pkt Mustard pkt Macaroni Salad Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Sandwich	Oct - 18 Beef Stew Biscuit WG Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Popsicle	Oct - 19 Chicken Strips Chips Macaroni Salad Ketchup pkt BARBECUE SAUCE Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Jello	Oct - 20 Indian Tacos Taco Meat Lettuce & Tomato Cilantro & Onion Pico De Gallo Pinto Beans Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Cup	Oct - 21 Sweet & Sour Pork Fried Rice Veg Spring Roll Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Brownie	Oct - 22 Beef Mac Casserole Potato Chips Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Apple Turnover
Oct - 23 Salisbury Steak Brown Gravy Mashed Potatoes Steamed Broccoli Roll Seasonal Fresh Fruit Salad Bar Milk 1% FF Chocolate Milk Fruit Punch RICE KRISPY TREAT	Oct - 24 Meat Lasagna Garlic Bread Buttered Green Beans Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Oreo Cookies	Oct - 25 Adobada Meat Tortilla Mexican Rice Cheese Cheddar Shre Guacamole Sour Cream Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Mini Banana Cream Pi	Oct - 26 Pork Rib Sandwich Mixed Veggies Potato Wedges Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Sandwich	Oct - 27 Hot Dogs Hot Dog Bun White Beef Chili Cheese Cheddar Shre Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch RICE KRISPY TREAT	Oct - 28 BBQ Beef Tips Potatoes Au Gratin Biscuit WG Steamed Broccoli Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Peanut Butter Cookies	Oct - 29 Nachos Supreme Tortilla Chips WG Taco Meat Pinto Beans Guacamole Sour Cream Pico De Gallo Lettuce & Tomato Milk 1% FF Chocolate Milk Fruit Punch Pound Cake
Oct - 30 Oven Fried Chicken Mashed Potatoes Brown Gravy Cornbread Margarine Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Choc pudding pie tart	Oct - 31 Meat & Cheese Burrito Pinto Beans Mexican Rice Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Brownie	Nov - 1 Roast Beef Mashed Potatoes Brown Gravy Mixed Veggies Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Oatmeal Raisin Cooki	Nov - 2 Pork Rib Sandwich Mixed Veggies Potato Wedges Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Sandwich	Nov - 3 Meatball Sandwich Potato Chips Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Peanut Butter Cookies	Nov - 4 Indian Tacos Taco Meat Lettuce & Tomato Cilantro & Onion Pico De Gallo Pinto Beans Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Fruit Punch Ice Cream Cup	Nov - 5 Chicken Wings Macaroni & Cheese Green Beans Salad Bar Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Pound Cake Fruit Punch

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov - 6 Meatloaf Potatoes Au Gratin CA Vegetable Kaiser Roll Margarine Fresh Fruit Whole Sugar Cookies Milk 1% FF Chocolate Milk						

2016-2017

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