

Sherman Indian High School

001 - SHERMAN INDIAN HIGH SCHOOL

Cycle 2 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep - 25 Beef Chili Cheese Cheddar Shre Oven Fries Cornbread Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Oatmeal Cookie	Sep - 26 Kung Pao Chicken Brown Rice PEAS Spinach Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Sep - 27 Hamburger on Wheat Potato Wedges Mustard pkt Ketchup pkt Mayonnaise, pkt Carrot Sticks Ranch Dressing Fresh Fruit Whole Milk 1% FF Chocolate Milk	Sep - 28 Grilled Ham & Cheese Spring Mix Salad Salad Dressing, Assort Seasonal Fresh Fruit Apple Cinn Oatmeal B Milk 1% FF Chocolate Milk	Sep - 29 Oven Baked Chicken Dinner Roll Ranch Style Beans Normandy Vegetable Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Sep - 30 Pasta & Cheese Brocc Dinner Roll Spring Mix Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 1 Pulled Pork Bun Baked Beans Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Oatmeal Raisin Cooki
Oct - 2 Fried Chicken Roll Skillet Potatoes Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Brownie	Oct - 3 Turkey Chili With Bean Dinner Roll Seasoned Broccoli Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 4 Ground Pork Tacos Brown Rice Pico De Gallo Pinto Beans Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 5 Beef and Broccoli Brown Rice Steamed Carrots Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Apple Turnover WG	Oct - 6 Hamburger on Wheat Lettuce & Tomato Ketchup pkt Mustard pkt Curly Fries Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 7 WG Spaghetti/Meat S Dinner Roll Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 8 Pasole Quesadilla Tortilla Chips WG Cabbage, Shredded Cilantro & Onion Radishes, sliced Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Ice Cream Cup
Oct - 9 Chicken Nuggets Potato Wedges Green Salad Ranch Dressing Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Brownie	Oct - 10 . Cheese Ravioli Breadstick Broccoli Florets Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Chocolate Chip Cookie	Oct - 11 Beef Taco Salad Pico De Gallo Pinto Beans Seasonal Fresh Fruit Apple Cinn Oatmeal B Milk 1% FF Chocolate Milk	Oct - 12 Sloppy Joe Oven Fries Carrot Sticks Ranch Dressing Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 13 Chicken Patty Bun Lettuce & Tomato Mayonnaise, pkt Ketchup pkt Crispy Cubes Carrot Sticks Ranch Dressing Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 14 Chili Verde Brown Rice Spring Mix Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 15 Macaroni & Cheese CORNBREAD WING ZINGS Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Cheesecake

**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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct - 16 Beef Stroganoff Roll Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Brownie	Oct - 17 Turkey Chili With Bean Dinner Roll Seasoned Broccoli Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 18 Ground Pork Tacos Brown Rice Pico De Gallo Pinto Beans Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 19 Hamburger on Wheat Lettuce & Tomato Ketchup pkt Mustard pkt Curly Fries Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 20 Beef and Broccoli Brown Rice Steamed Carrots Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk Apple Turnover WG	Oct - 21 WG Spaghetti/Meat S Dinner Roll Margarine Green Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 22 Chicken Nuggets Potato Wedges Green Salad Ranch Dressing Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Brownie
Oct - 23 Pepperoni Pizza Cheesy Breadstick Marinara Sauce Carrot Sticks Ranch Dressing Pound Cake Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 24 Grilled Cheese Sandwi Potato Cheddar Soup Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 25 Pasta w/Garlic Chicke Dinner Roll PEAS & CARROTS Spinach Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 26 Chicken Fajitas Pinto Beans Spring Mix Salad Ranch Dressing Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 27 Sloppy Joe Oven Fries Carrot Sticks Spring Mix Salad Ranch Dressing Fresh Fruit Whole Milk 1% FF Chocolate Milk	Oct - 28 BBQ Grilled Chicken Breast Potatoes Au Gratin Golden Corn Dinner Roll Margarine Spring Mix Salad Salad Dressing, Assort Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Oct - 29 Green Chili Stew Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Oatmeal Raisin Cooki
Oct - 30 Macaroni & Cheese Ham Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Peanut Butter Cookies	Oct - 31 Turkey Burger Bun Lettuce & Tomato Oven Fries Ketchup pkt Mustard pkt Mayonnaise, pkt Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Nov - 1 Chicken Taquitos Brown Rice Refried Beans Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Nov - 2 BEEF STIR-FRY Brown Rice Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Nov - 3 Sausage Pizza Carrot Sticks Ranch Dressing Seasonal Fresh Fruit Milk 1% FF Chocolate Milk	Nov - 4 Grilled Chicken Breast Potato Salad Dinner Roll Margarine Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk	Nov - 5 Chicken Nuggets Potato Wedges Green Salad Ranch Dressing Fresh Fruit Whole Milk 1% FF Chocolate Milk Fruit Punch Brownie

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov - 6 Turkey Chili Cheese Cheddar Shre Oven Fries Cornbread Green Salad Salad Dressing, Assort Fresh Fruit Whole Milk 1% FF Chocolate Milk Oatmeal Cookie						

2016-2017

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