

Sheridan High School 2025-2026 Lunch Menu

BREAKFAST OFFERED DAILY MILK, JUICE & FRUIT OFFERED DAILY										
BREAKFAST	MONDAY	Choice of Poptart Cereal Bar Apple Frudel Cheese Stick or Yogurt	TUESDAY	Choice of Cereal Chocolate Cherry Bar Uncrustable Chocolate Banana Bar	WEDNESDAY	Choice of Yogurt Goldfish Chocolate Oatmeal Bar Banana Bread Scooby Graham	THURSDAY	Choice of Cereal Bar Bagel w/Cream Cheese WG Donut Mini Cinnis	FRIDAY	Choice of S'more Bar Muffin Uncrustable Cereal Frudel

Lunch includes a choice of one entree, fruit & vegetable bar and a milk.

MENU #1	MENU #2	MENU #3	MENU #4
MONDAY Build a Burger French Fries Fruit Milk	TUESDAY Chicken Tenders Mac & Cheese Green Beans Fruit Milk	WEDNESDAY Potato Bowl Corn Fruit Milk	THURSDAY Boneless Wings Onion Rings Fruit Milk
MONDAY Pulled Pork or Corn Dogs Baked Beans Chips Fruit Milk	TUESDAY Chicken Nuggets Mashed Potatoes w/Gravy Fruit Milk	WEDNESDAY Rice Bowl California Blend Fortune Cookie Fruit Milk	THURSDAY Fried Chicken Legs Mashed Potatoes w/Gravy Fruit Milk
MONDAY Breakfast Brunch Favorite Breakfast Entrée Sausage or Bacon Hashbrowns Fruit Milk	TUESDAY Bacon Cheeseburger Loaded Fries Fruit Milk	WEDNESDAY Pasta Day Green Beans Garlic Bread Fruit Milk	THURSDAY Chicken Tenders Mac & Cheese Green Beans Fruit Milk
MONDAY Chicken Patty Regular or Spicy Cheesy Potatoes Fruit Milk	TUESDAY Fiesta Mexicana Corn Fruit Milk	WEDNESDAY Rice Bowl California Blend Fortune Cookie Fruit Milk	THURSDAY Chicken & Waffles Potato Fruit Milk
FRIDAY Pizza Side Salad Treat Fruit Milk			



THERE IS A NO CHARGE POLICY

PRICES:

Student	FREE
Reduced Lunches	FREE
Adult Lunches	\$3.50
Milk	.50

- 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 entrées 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 a la carte and extra meals. You can also prepay online with your credit/debit card. See the School's website nlsd.k12.oh.us
- 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>

Menu is subject to change.

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 2025	SEPTEMBER 2025	OCTOBER 2025	NOVEMBER 2025	DECEMBER 2025	JANUARY 2026	FEBRUARY 2026	MARCH 2026	APRIL 2026	MAY 2026
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	1 2 3 4 5 6	1 2 3 4	1	1 2 3 4 5 6	1 2 3	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4 5 6 7 8 9
3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10	8 9 10 11 12 13 14	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17	15 16 17 18 19 20 21	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24	22 23 24 25 26 27 28	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30 31		29 30 31	26 27 28 29 30	31 25 26 27 28 29 30