


# Sheridan Middle School 2025–2026 Lunch Menu

BREAKFAST		Milk, Juice & Fruit Offered Daily		Choice of Yogurt		Choice of Cereal Bar		Choice of S'more Bar	
<b>MONDAY</b>	Choice of Poptart Cereal Bar Apple Frudel Cheese Stick or Yogurt		Choice of Cereal Chocolate Cherry Bar Un crustable Chocolate Banana Bar	<b>WEDNESDAY</b>	Goldfish Oatmeal Bar Banana Bread Scooby Graham	<b>THURSDAY</b>	Bagel w/Cream Cheese WG Donut Mini Cinnis	<b>FRIDAY</b>	Muffin Un crustable Cereal Frudel

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

MENU #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Corn Dogs Fritos Baked Beans Side Kicks Fruit Milk	Chicken & Waffles Potato Fruit Milk	Potato Bowl Corn Fruit Milk	Boneless Wings Onion Rings Fruit Milk	Bosco Sticks w/Marinara Side Salad Chips Fruit Milk
MENU #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Patty Regular or Spicy Fries Fruit Milk	Fiesta Mexicana Corn Fruit Milk	Mac & Cheese Chicken Tenders Green Beans Fruit Milk	Sub or Wrap Fresh Vegetable Chips Fruit Milk	Pizza Side Salad Treat Fruit Milk
MENU #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bosco Sticks w/Marinara Hot Vegetable Fruit Milk	Chicken Nuggets Mashed Potatoes w/Gravy Fruit Milk	Rice Bowl California Blend Fortune Cookie Fruit Milk	Hamburger Fries Fruit Milk	Pizza Side Salad Chips Fruit Milk
MENU #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Hot Dog Tater Tots Fruit Milk	Breakfast Brunch Favorite Breakfast Entrée Sausage or Bacon Hash Brown Fruit Milk	Pasta Day Green Benas Garlic Bread Fruit Milk	Chicken Tenders French Fries Fruit Milk	Bosco Sticks w/Marinara 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
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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