



SHS Supper Menu

2025-2026 2nd SEMESTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Entrées	Regular Chicken Tenders (128g/3 tenders + 1 WG dinner roll/34g)	Mozzarella Sticks with Marinara Sauce or Ranch (157.3g/8 WG sticks + 2.5oz marinara + 1.5oz ranch)	Cheeseburger on WG Bun (2.45oz/1 patty + 1 slice 14g/1 slice cheese on 4" WG hamburger bun - 60g/1 ea)	BBQ Rib Sandwich on WG Hoagie (91g/1 patty + on 5" WG hoagie roll/73g)	4x6 Pizza (1 slice/5oz)
* Additional entrée option of PBJ Uncrustable (5.3 oz/1 ea) offered each day					

Veggies	Baked Beans (1/2 cup)	Green Beans (1/2 cup)	Broccoli (1/2 cup)	Corn (1/2 cup)	Fresh Veggie Tray with Dip (1 cup)
Fresh Veggies (1/2 cup) with Ranch Dip offered each day					

Other Sides	Fruit (1/2 cup) Milk (8 fl. oz.)				
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WG = whole grain
 Portion size displayed in parenthesis

Fruit Choices:
 Fresh: kiwi, apple slices, cantaloupe, seedless grapes, orange, pineapple, honeydew, watermelon, blueberries, strawberries, pears banana
 Canned: applesauce cup, diced peach cup, diced strawberry cup, fruit cocktail, mandarin oranges, sliced peaches, diced pears, pineapple chunks, pineapple tidbits, tropical fruit salad
 Dried: Craisins, raisins

CACFP Supper must contain all five components to be a reimbursable meal:
 -8 fl. oz. unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk
 -2 oz. meat/meat alternates
 -1/2 c. vegetables
 -1/4 c. fruit (we serve 1/2 c.)
 -1 oz. grains

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

Menus subject to change. The institution is an equal opportunity provider.