



# SHS Supper Menu

## 2026-2027 1st SEMESTER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Entrées	<p><b>Regular Chicken Tenders with WG Dinner Roll</b> (128g/3 tenders + 1 WG dinner roll/34g )</p>	<p><b>Calzone with Marinara Sauce</b> (5oz./142g + 2.5oz marinara)</p>	<p><b>Cheeseburger on WG Bun</b> (2.45oz/1 patty + 1 slice 14g/1 slice cheese on 4" WG hamburger bun - 60g/1 ea)</p>	<p><b>BBQ Rib Sandwich on WG Hoagie</b> (91g/1 patty + on 5" WG hoagie roll/73g)</p>	<p><b>Mini Corn Dogs</b> (6 each/112gm)</p>
* Additional entrée option of PBJ Uncrustable (5.3 oz/1 ea) offered each day					

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

Other Sides	<p><b>Fruit</b> (1/2 cup)</p> <p><b>Milk</b> (8 fl. oz.)</p>				
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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

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

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