

# October 2018

## Sheldon Community School

### BREAKFAST



**Meal Prices—Students--\$1.65  
Adults--\$2.25**

This institution is an equal opportunity provider  
Cereal/Toast served daily. Menus subject to change.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Poptart  
Fruit  
Juice  
Milk **1**

Breakfast Wrap  
Fruit  
Juice  
Milk **2**

Mini Waffles  
Fruit  
Juice  
Milk **3**

Biscuits and Gravy  
Fruit  
Juice  
Milk **4**

Lil John  
Fruit  
Juice  
Milk **5**

Muffin  
Fruit  
Juice  
Milk **8**

Omelet/Toast  
Fruit  
Juice  
Milk **9**

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk **10**

Breakfast Pizza  
Fruit  
Juice  
Milk **11**

Donut  
Fruit  
Juice  
Milk **12**

Poptart  
Fruit  
Juice  
Milk **15**

Breakfast Wraps  
Fruit  
Juice  
Milk **16**

Breakfast Bites  
Fruit  
Juice  
Milk **17**

Breakfast Sandwich  
Fruit  
Juice  
Milk **18**

Long John  
Fruit  
Juice  
Milk **19**

**NO SCHOOL** **22**

Muffin  
Fruit  
Juice  
Milk **23**

Mini Pancake  
Fruit  
Juice  
Milk **24**

Biscuits/Gravy  
Fruit  
Juice  
Milk **25**

Long John  
Fruit  
Juice  
Milk **26**

Poptart  
Fruit  
Juice  
Milk **29**

Omelets/Toast  
Fruit  
Juice  
Milk **30**

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk **31**

