

April 2019

Sheldon Community School

BREAKFAST



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

This institution is an equal opportunity



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

Cinnamon Toast Bars **1**
Fruit
Juice
Milk

Omelet/Toast **2**
Fruit
Juice
Milk

French Toast **3**
Fruit
Juice
Milk

Tornado Sausage/Egg **4**
Fruit
Juice
Milk

Long Johns **5**
Fruit
Juice
Milk

Cereal Bar **8**
Fruit
Juice
Milk

Breakfast Wraps **9**
Fruit
Juice
Milk

Mini Pancakes **10**
Fruit
Juice
Milk

Breakfast Sandwich **11**
Fruit
Juice
Milk

Donuts **12**
Fruit
Juice
Milk

Muffin **15**
Fruit
Juice
Milk

Omelet/Toast **16**
Fruit
Juice
Milk

Pancake Wrapped Sausage **17**
Fruit
Juice
Milk

Lil Johns **18**
Fruit
Juice
Milk

NO SCHOOL **19**

NO SCHOOL **22**

Pop Tart **23**
Fruit
Juice
Milk

Mini Waffles **24**
Fruit
Juice
Milk

Biscuits/Gravy **25**
Fruit
Juice
Milk

Mini Donuts **26**
Fruit
Juice
Milk

Cinnamon Toast Bar **29**
Fruit
Juice
Milk

Breakfast Wraps **30**
Fruit
Juice
Milk



Cereal/Toast available daily
Menus subject to change