

August 2018 Sheldon Community Schools

BREAKFAST



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

This institution is an equal opportunity provider.



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



6

7

1

2

3

13

14

8

9

10

20

21

22

23

24

Poptart or Cereal/Toast
Fruit
Juice
Milk

Donut or Cereal/Toast
Fruit
Juice
Milk

27

Muffin or Cereal/Toast
Fruit
Juice
Milk

28

Omelet/Toast or
Cereal/Toast
Fruit
Juice
Milk

29

French Toast Bites or
Cereal/Toast
Fruit
Juice
Milk

30

Breakfast Pizza or
Cereal/Toast
Fruit
Juice
Milk

31

Long Johns or
Cereal/Milk
Fruit
Juice
Milk