

December 2018

Sheldon Community School

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

Muffin **3**
Fruit
Juice
Milk

Tuesday

Omelet/Toast **4**
Fruit
Juice
Milk

Wednesday

Breakfast Bites **5**
Fruit
Juice
Milk

Thursday

Breakfast Sandwich **6**
Fruit
Juice
Milk

Friday

Donut **7**
Fruit
Juice
Milk

Poptart **10**
Fruit
Juice
Milk

Breakfast Wrap **11**
Fruit
Juice
Milk

Mini Pancakes **12**
Fruit
Juice
Milk

Biscuits/Gravy **13**
Fruit
Juice
Milk

Lil John **14**
Fruit
Juice
Milk

Muffin **17**
Fruit
Juice
Milk

French Toast **18**
Fruit
Juice
Milk

Pancake Wrapped Sausage **19**
Fruit
Juice
Milk

Breakfast Pizza **20**
Fruit
Juice
Milk

Long John **21**
Fruit
Juice
Milk

24

NO SCHOOL

25

MERRY CHRISTMAS

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

31

NO SCHOOL



Cereal/Toast available
Daily

Menus subject to change

