

May 2019

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



Tuesday

Cereal/Toast available
Daily

Menus subject to change

Wednesday

French Toast Bites **1**
Fruit
Juice
Milk

Thursday

Tornado's **2**
Fruit
Juice
Milk

Friday

Long Johns **3**
Fruit
Juice
Milk

Cereal Bar **6**
Fruit
Juice
Milk

Omelets/Toast **7**
Fruit
Juice
Milk

Pancakes/Waffles **8**
Fruit
Juice
Milk

Breakfast Sandwich **9**
Fruit
Juice
Milk

Donuts **10**
Fruit
Juice
Milk

Muffin **13**
Fruit
Juice
Milk

Breakfast Wraps **14**
Fruit
Juice
Milk

Pancake Wrapped Sausage **15**
Fruit
Juice
Milk

Biscuits/Gravy **16**
Fruit
Juice
Milk

Lil Johns **17**
Fruit
Juice
Milk

Cook's Choice **20**
Poptart/Cereal Bar/Muffin
Fruit
Juice
Milk

Omelet/Toast **21**
Fruit
Juice
Milk

French Toast **22**
Fruit
Juice
Milk

Breakfast Sandwich **23**
Fruit
Juice
Milk

Mini Donuts **24**
Fruit
Juice
Milk

NO SCHOOL **27**

Cook's Choice **28**
Fruit
Juice
Milk

Cook's Choice **29**
Fruit
Juice
Milk

Cook's Choice **30**
Fruit
Juice
Milk

Donuts **31**
Fruit
Juice
Milk