

September 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

No School

3

Tuesday

Poptart
Fruit
Juice
Milk

4

Wednesday

Mini Waffles
Fruit
Juice
Milk

5

Thursday

Egg/Cheese Sandwich
Fruit
Juice
Milk

6

Friday

Lil John
Fruit
Juice
Milk

7

Muffins
Fruit
Juice
Milk

10

Omelet/Toast
Fruit
Juice
Milk

11

Pancake Wrapped Sausage
Fruit
Juice
Milk

12

Biscuits/Gravy
Fruit
Juice
Milk

13

Donut
Fruit
Juice
Milk

14

Poptart
Fruit
Juice
Milk

17

Breakfast Wrap
Fruit
Juice
Milk

18

Breakfast Bites
Fruit
Juice
Milk

19

Breakfast Pizza
Fruit
Juice
Milk

20

Mini Donuts
Fruit
Juice
Milk

21

Muffin
Fruit
Juice
Milk

24

Omelet/Toast
Fruit
Juice
Milk

25

Mini Pancakes
Fruit
Juice
Milk

26

Breakfast Sandwiches
Fruit
Juice
Milk

27

Long Johns
Fruit
Juice
Milk

28



Cereal/Toast served daily
Menus subject to change

