

February 2018

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

Cereal & Toast served daily

Menus subject to change.

Tuesday

Wednesday

Thursday

Friday

Poptart
Fruit
Juice
Milk

Omelet/Toast
Fruit
Juice
Milk

Chocolate Crescent Roll
Fruit
Juice
Milk

Breakfast Sandwich
Fruit
Juice
Milk

Donuts
Fruit
Juice
Milk

Cereal Bar
Fruit
juice
Milk

French Toast
Fruit
Juice
Milk

Pancake Wrapped Sausage
Fruit
Juice
Milk

Breakfast Pizza
Fruit
Juice
Milk

Lil Johns
Fruit
juice
Milk

Muffin
Fruit
Juice
Milk

Omelet/Toast
Fruit
Juice
Milk

Mini Pancakes
Fruit
Juice
Milk

Breakfast Sandwich
Fruit
Juice
Milk

Long Johns
Fruit
Juice
Milk

NO SCHOOL

Poptart
Fruit
juice
Milk

Pancake Wrapped Sausage
Fruit
Juice
Milk

