

# January 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

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

No School

1

Cereal Bar  
Fruit  
Juice  
Milk

2

Omelet/Toast  
Fruit  
Juice  
Milk

3

Breakfast Sandwiches  
Fruit  
Juice  
Milk

4

Mini Donuts  
Fruit  
Juice  
Milk

5

Muffin—Choc. or Blueberry  
Fruit  
Juice  
Milk

8

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk

9

Mini Waffles  
Fruit  
Juice  
Milk

10

Donuts  
Fruit  
Juice  
Milk

11

No School

12

No School

15

Poptart  
Fruit  
Juice  
Milk

16

Omelet/Toast  
Fruit  
Juice  
Milk

17

Mini Pancakes  
Fruit  
Juice  
Milk

18

Lil Johns  
Fruit  
Juice  
Milk

19

Cereal Bar  
Fruit  
Juice  
Milk

22

Breakfast Pizza  
Fruit  
Juice  
Milk

23

Breakfast Wraps  
Fruit  
Juice  
Milk

24

Breakfast Sandwich  
Fruit  
Juice  
Milk

25

Long Johns  
Fruit  
Juice  
Milk

26

Muffin—Choc. Or Blueberry  
Fruit  
Juice  
Milk

29

French Toast  
Fruit  
Juice  
Milk

30

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk

31



Menus Subject to change  
Cereal & Toast served daily