

May 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

Breakfast Wraps
Fruit
Juice
Milk

1

Omelet/Toast
Fruit
Juice
Milk

2

Breakfast Pizza
Fruit
Juice
Milk

3

Mini Donuts
Fruit
Juice
Milk

4

Cereal Bar
Fruit
Juice
Milk

7

French Toast
Fruit
Juice
Milk

8

Pancake Wrapped Sausage
Fruit
Juice
Milk

9

Breakfast Sandwich
Fruit
Juice
Milk

10

Donut
Fruit
Juice
Milk

11

Muffin
Fruit
Juice
Milk

14

Omelet/Toast
Fruit
Juice
Milk

15

Waffles/Pancakes
Fruit
Juice
Milk

16

Cook's Choice
Fruit
Juice
Milk

17

Long John's
Fruit
Juice
Milk

18

Cook's Choice
Fruit
Juice
Milk

21

Cook's Choice
Fruit
Juice
Milk

22

Cook's Choice
Fruit
Juice
Milk

23

Cook's Choice
Fruit
Juice
Milk

24

Donuts
Fruit
Juice
Milk

25

NO SCHOOL

28

Cook's Choice
Fruit
Juice
Milk

29

Cook's Choice
Fruit
Juice
Milk

30

Donuts
Applesauce
Juice
Milk

31

