

February 2019

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



Tuesday

Cereal/Toast available daily
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Menus subject to change

### Wednesday

### Thursday

### Friday

Muffins  
Fruit  
Juice  
Milk

4

Breakfast Wraps  
Fruit  
Juice  
Milk

5

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk

6

Biscuits/Gravy  
Fruit  
Juice  
Milk

7

Mini Donuts  
Fruit  
Juice  
Milk

8

Pop-Tart  
Fruit  
Juice  
Milk

11

Omelet/Toast  
Fruit  
Juice  
Milk

12

Mini Pancakes  
Fruit  
Juice  
Milk

13

Breakfast Pizza  
Fruit  
Juice  
Milk

14

Donuts  
Fruit  
Juice  
Milk

15

Cereal Bar  
Fruit  
Juice  
Milk

18

Breakfast Wraps  
Fruit  
Juice  
Milk

19

French Toast  
Fruit  
Juice  
Milk

20

Breakfast Sandwiches  
Fruit  
Juice  
Milk

21

Lil Johns  
Fruit  
Juice  
Milk

22

Muffins  
Fruit  
Juice  
Milk

25

Omelets/Toast  
Fruit  
Juice  
Milk

26

Mini Waffles  
Fruit  
Juice  
Milk

27

Biscuits/Gravy  
Fruit  
Juice  
Milk

