

# January 2019

## 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

Cereal/Toast available daily  
Menus subject to change



### Tuesday

No School

### Wednesday

Pop tart  
Fruit  
Juice  
Milk

### Thursday

Breakfast Pizza  
Fruit  
Juice  
Milk

### Friday

Mini Donuts  
Fruit  
Juice  
Milk

Muffin  
Fruit  
Juice  
Milk

Omelet/Toast  
Fruit  
Juice  
Milk

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk

Breakfast Sandwich  
Fruit  
Juice  
Milk

Donut  
Fruit  
Juice  
Milk

No School

No School

Pop tart  
Fruit  
Juice  
Milk

Biscuits/Gravy  
Fruit  
Juice  
Milk

Lil John  
Fruit  
Juice  
Milk

Muffin  
Fruit  
Juice  
Milk

Breakfast Wrap  
Fruit  
Juice  
Milk

Breakfast Bites  
Fruit  
Juice  
Milk

Breakfast Pizza  
Fruit  
Juice  
Milk

Long John  
Fruit  
Juice  
Milk

Pop tart  
Fruit  
Juice  
Milk

Omelet/Toast  
Fruit  
Juice  
Milk

Mini Waffles  
Fruit  
Juice  
Milk

Breakfast Sandwich  
Fruit  
Juice  
Milk

