

# November 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



Cereal/Toast served daily  
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Menus subject to change

Breakfast Pizza **1**  
Fruit  
Juice  
Milk

Mini donuts **2**  
Fruit  
Juice  
Milk

Muffin **5**  
Fruit  
Juice  
Milk

Breakfast Wrap **6**  
Fruit  
Juice  
Milk

French Toast **7**  
Fruit  
Juice  
Milk

Breakfast Sandwich **8**  
Fruit  
Juice  
Milk

Donuts **9**  
Fruit  
Juice  
Milk

Cereal Bar **12**  
Fruit  
Juice  
Milk

Omelet **13**  
Fruit  
Juice  
Milk

Mini Waffles **14**  
Fruit  
Juice  
Milk

Biscuits and Gravy **15**  
Fruit  
Juice  
Milk

Lil John **16**  
Fruit  
Juice  
Milk

Muffin **19**  
Fruit  
Juice  
Milk

Long John **20**  
Fruit  
Juice  
Milk

**21**  
No School

**22**  
Happy Thanksgiving

**23**  
No School

Poptart **26**  
Fruit  
Juice  
Milk

Breakfast Wrap **27**  
Fruit  
Juice  
Milk

Pancake Wrapped Sausage **28**  
Fruit  
Juice  
Milk

Breakfast Pizza **29**  
Fruit  
Juice  
Milk

Mini Donuts **30**  
Fruit  
Juice  
Milk