

# April 2018

## Sheldon Community School District

### 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

### Wednesday

### Thursday

### Friday

NO SCHOOL 2

Muffin 3  
Fruit  
Juice  
Milk

French Toast 4  
Fruit  
Juice  
Milk

Breakfast Wraps 5  
Fruit  
Juice  
Milk

Mini Donuts 6  
Fruit  
Juice  
Milk

Poptart 9  
Fruit  
Juice  
Milk

Omelet/Toast 10  
Fruit  
Juice  
Milk

Waffles 11  
Fruit  
Juice  
Milk

Breakfast Sandwich 12  
Fruit  
Juice  
Milk

Donut 13  
Fruit  
Juice  
Milk

Cereal Bar 16  
Fruit  
Juice  
Milk

Breakfast Wrap 17  
Fruit  
Juice  
Milk

Pancakes 18  
Fruit  
Juice  
Milk

Breakfast Pizza 19  
Fruit  
Juice  
Milk

Long John 20  
Fruit  
Juice  
Milk

Muffin 23  
Fruit  
Juice  
Milk

Omelet/Toast 24  
Fruit  
Juice  
Milk

Pancake Wrapped Sausage 25  
Fruit  
Juice  
Milk

Breakfast Sandwich 26  
Fruit  
Juice  
Milk

Little John 27  
Fruit  
Juice  
Milk

Poptart 30  
Fruit  
Juice  
Milk



Cereal & Toast  
served daily  
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Menus  
subject to change

