

# December 2017

# SHELDON COMMUNITY SCHOOLS

# 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

Monday



Tuesday

Cereal & Toast served daily  
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Menus subject to change

Wednesday



Thursday

Friday

1

Mini Donuts  
Fruit/Juice  
Milk

4

Cereal Bar  
Fruit/Juice  
Milk

5

French Toast  
Fruit/Juice  
Milk

6

Pancake wrapped Sausage  
Fruit/Juice  
Milk

7

Egg/Cheese Muffin  
Fruit/Juice  
Milk

8

Donuts  
Fruit/Juice  
Milk

11

Poptart  
Fruit/Juice  
Milk

12

Omelet/Toast  
Fruit/Juice  
Milk

13

Mini Waffles  
Fruit/Juice  
Milk

14

Breakfast Pizza  
Fruit/Juice  
Milk

15

Lil Johns  
Fruit/Juice  
Milk

18

Muffin  
Fruit/Juice  
Milk

19

Breakfast Wrap  
Fruit/Juice  
Milk

20

Mini Pancakes  
Fruit/Juice  
Milk

21

Biscuits/Gravy  
Fruit/Juice  
Milk

22

Long John  
Fruit/Juice  
Milk

**MERRY  
CHRISTMAS**

25



26

27

28

29