

# May 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**

Breakfast Wraps  
Fruit  
Juice  
Milk

1

Omelet/Toast  
Fruit  
Juice  
Milk

2

Breakfast Pizza  
Fruit  
Juice  
Milk

3

Mini Donuts  
Fruit  
Juice  
Milk

4

Cereal Bar  
Fruit  
Juice  
Milk

7

French Toast  
Fruit  
Juice  
Milk

8

Pancake Wrapped Sausage  
Fruit  
Juice  
Milk

9

Breakfast Sandwich  
Fruit  
Juice  
Milk

10

Donut  
Fruit  
Juice  
Milk

11

Muffin  
Fruit  
Juice  
Milk

14

Omelet/Toast  
Fruit  
Juice  
Milk

15

Waffles/Pancakes  
Fruit  
Juice  
Milk

16

Cook's Choice  
Fruit  
Juice  
Milk

17

Long John's  
Fruit  
Juice  
Milk

18

Cook's Choice  
Fruit  
Juice  
Milk

21

Cook's Choice  
Fruit  
Juice  
Milk

22

Cook's Choice  
Fruit  
Juice  
Milk

23

Cook's Choice  
Fruit  
Juice  
Milk

24

Donuts  
Fruit  
Juice  
Milk

25

NO SCHOOL

28

Cook's Choice  
Fruit  
Juice  
Milk

29

Cook's Choice  
Fruit  
Juice  
Milk

30

Donuts  
Applesauce  
Juice  
Milk

31

