

November 2017

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



Pancake/Sausage
on a Stick
Fruit/Juice
Milk

Breakfast Pizza
Fruit
Juice
Milk

Mini Donuts
Fruit
Juice
Milk

Muffin
Fruit
Juice
Milk

Breakfast Wrap
Fruit
Juice
Milk

Mini Waffles
Fruit
Juice
Milk

Egg/Cheese Muffin
Fruit
Juice
Milk

Donuts
Fruit
Juice
Milk

Cereal Bar
Fruit
Juice
Milk

Omelet/Toast
Fruit
Juice
Milk

Mini Pancakes
Fruit
Juice
Milk

Biscuits/Gravy
Fruit
Juice
Milk

Lil John
Fruit
Juice
Milk

Poptart
Fruit
Juice
Milk

Long Johns
Fruit
Juice
Milk

No School

HAPPY
THANKSGIVING

No School

Muffins
Fruit
Juice
Milk

Breakfast Wrap
Fruit
Juice
Milk

Omelet/Toast
Fruit
Juice
Milk

Breakfast Pizza
Fruit
Juice
Milk

Cereal & Toast served daily
Menus subject to change

