

October 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

2

Cereal Bar
Fruit
Juice
Milk

3

Omelet/Toast
Fruit
Juice
Milk

4

French Toast
Fruit
Juice
Milk

5

Pancake/Sausage
on a Stick
Fruit/Juice
Milk

6

Mini Donuts
Fruit
Juice
Milk

9

Poptart
Fruit
Juice
Milk

10

Breakfast Wrap
Fruit
Juice
Milk

11

Mini Waffles
Fruit
Juice
Milk

12

Breakfast Pizza
Fruit
Juice
Milk

13

Donuts
Fruit
Juice
Milk

16

NO SCHOOL

17

Muffin
Fruit
Juice
Milk

18

Mini Pancake wrapped Sausage
Fruit
Juice
Milk

19

Egg/Cheese Muffin
Fruit
Juice
Milk

20

Lil John
Fruit
Juice
Milk

23

Cereal Bar
Fruit
Juice
Milk

24

Mini Pancakes
Fruit
Juice
Milk

25

Biscuits/Gravy
Fruit
Juice
Milk

26

Omelet/Toast
Fruit
Juice
Milk

27

Long Johns
Fruit
Juice
Milk

30

Poptart
Fruit
Juice
Milk

31

French Toast
Fruit
Juice
Milk



Cereal & Toast
served daily

Menus subject to change

