

September 2017

SHERIDAN SES

BREAKFAST



School Information:

Labor Day Sept. 4th students not in attendance.

If your student receives free or reduced lunch they also receive free or reduced breakfast.



Nutrition Tip: Be creative with your breakfast ☺

Add apples, bananas, blueberries, or peaches and pears to your oatmeal, yogurt, smoothie or pancakes for a special start to your day.



Monday

Tuesday

Wednesday

Thursday

Friday



Menu subject to change without notice.

CHERRY FRUDEL, FRUIT, JUICE, MILK

1

4

LABOR DAY
Students not in attendance
Enjoy your day

5

CEREAL, FRUIT, JUICE, MILK

6

MINI FRENCH TOAST, FRUIT, JUICE, MILK

7

BREAKFAST WRAP, FRUIT, JUICE, MILK

8

MUFFIN, CHEESE STICK, FRUIT, JUICE, MILK

11

BAGELFUL W/ CREAM CHEESE, FRUIT, JUICE, MILK

12

BREAKFAST PIZZA, FRUIT, JUICE, MILK

13

MINI PANCAKES, FRUIT, JUICE, MILK

14

CEREAL, FRUIT, JUICE, MILK

15

APPLE FRUDEL, FRUIT, JUICE, MILK

18

YOGURT, MUFFIN, FRUIT, JUICE, MILK

19

BREAKFAST WRAP, FRUIT, JUICE, MILK

20

APPLE TEXAS TOAST, FRUIT, JUICE, MILK

21

BISCUIT, EGG PATTY, FRUIT, JUICE, MILK

22

CEREAL, FRUIT, JUICE, MILK

25

CHEESE STICK, BREAKFAST BAR, FRUIT, JUICE, MILK

26

BREAKFAST PIZZA, FRUIT, JUICE, MILK

27

PANCAKE WRAP, FRUIT, JUICE, MILK

28

CEREAL, FRUIT, JUICE, MILK

29

BAGELFUL W/ STRAWBERRY CREAM CHEESE, FRUIT, JUICE, MILK