

January 2019

Sheridan SES

BREAKFAST



School Information:

School resumes Jan. 7, 2019
Martin Luther King Day/ flex day Jan.21, 2019
Reminder: If your student receives free/reduced lunch they also receive free/reduced breakfast.



Nutrition Tip: Each meal is a building block in your healthy eating style. Include all the food groups throughout the day. Make fruits, vegetables, grains, dairy and protein part of your daily meals and snacks. Limit added sugars, sodium and saturated fat.



Monday

We offer breakfast in the cafeteria starting at 7:45 on every school day. The cost for breakfast is \$1.50 & .30 for reduced.

Tuesday

HAPPY NEW YEAR ☺

Wednesday

Winter Break

Thursday

Winter Break

Friday

Winter Break

7

CEREAL, FRUIT, JUICE, MILK

8

BREAKFAST SLIDER, FRUIT, JUICE, MILK

9

MINI BLUEBERRY PANCAKES, FRUIT, JUICE, MILK

10

BISCUIT & SAUSAGE, FRUIT, JUICE, MILK

11

BREAKFAST BITES, FRUIT, JUICE, MILK

14

MUFFIN AND CHEESE STICK, FRUIT, JUICE, MILK

15

BREAKFAST PIZZA, FRUIT, JUICE, MILK

16

PANCAKE WRAP, FRUIT, JUICE, MILK

17

BREAKFAST WRAP, FRUIT, JUICE, MILK

18

APPLE BOSCO, FRUIT, JUICE, MILK

21

Martin Luther King/ flex day

22

CREAM CHEESE BAGEL BAR, FRUIT, JUICE, MILK

23

DUTCH WAFFLE, FRUIT, JUICE, MILK

24

BREAKFAST TACO, FRUIT, JUICE, MILK

25

CHOCOLATE FILLED
CROISSANT ROLL, FRUIT,
JUICE, MILK

28

CEREAL, FRUIT, JUICE, MILK

29

BREAKFAST PIZZA, FRUIT, JUICE, MILK

30

APPLE TEXAS TOAST, FRUIT, JUICE, MILK

31

BISCUIT AND EGG PATTY,
FRUIT, JUICE, MILK



Menu subject to change without notice.