

# February 2018

## SES SHERIDAN

### BREAKFAST

#### School Information:

FEB. 14 - EARLY RELEASE  
 FEB. 19 – PRESIDENTS DAY / E-LEARNING DAY  
 If your student receives free/reduced lunch they also receive free/reduced breakfast.



**Nutrition Tip:** If you cannot drink milk and are lactose-intolerant, try yogurt, lactose-free milk, or soymilk to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs maybe unrealistic.



#### Monday



#### Tuesday

#### Wednesday

#### Thursday

#### Friday

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

Breakfast may include whole grain cereals, bagels, wraps, pancakes, muffins, fresh fruit, 100% juice, and 1% and fat free milk.

1  
 BREAKFAST SLIDERS, FRUIT, JUICE, MILK

2  
 CEREAL, FRUIT, JUICE, MILK

5  
 POPTART, YOGURT, FRUIT, JUICE, MILK

6  
 BREAKFAST PIZZA, FRUIT, JUICE, MILK

7  
 MINI FRENCH TOAST, FRUIT, JUICE, MILK

8  
 BREAKFAST BAR, CHEESE STICK, FRUIT, JUICE, MILK

9  
 CHERRY FRUDEL, FRUIT, JUICE, MILK

12  
 CEREAL, FRUIT, JUICE, MILK

13  
 APPLE BREAKFAST BITES, FRUIT, JUICE, MILK

14  
 MINI STRAWBERRY PANCAKES, FRUIT, JUICE, MILK

15  
 BOSCO BREAKFAST STICK, FRUIT, JUICE, MILK

16  
 BREAKFAST SLIDERS, FRUIT, JUICE, MILK

19  
**PRESIDENTS DAY/  
 E-LEARNING DAY**

20  
 APPLE FRUDEL, FRUIT, JUICE, MILK

21  
 APPLE TEXAS TOAST, FRUIT, JUICE, MILK

22  
 BREAKFAST PIZZA, FRUIT, JUICE, MILK

23  
 BISCUIT AND SAUSAGE, FRUIT, JUICE, MILK

26  
 MUFFIN AND CHEESE STICK, FRUIT, JUICE, MILK

27  
 CEREAL, FRUIT, JUICE, MILK

28  
 PANCAKE WRAP, FRUIT, JUICE, MILK

