

# APRIL 2024

## Sheridan Middle and High School

### BREAKFAST



#### School Information:

School will resume on Tuesday April 9<sup>th</sup>.

April 19<sup>th</sup> SMS students are in attendance.

April 19<sup>th</sup> SHS students will have an eLearning Day



**Nutrition Tip:** Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



### MONDAY

1

SPRING BREAK ☺

### TUESDAY

2

SPRING BREAK ☺

### WEDNESDAY

3

SPRING BREAK ☺

### THURSDAY

4

SPRING BREAK ☺

### FRIDAY

5

SPRING BREAK ☺

8

**NO SCHOOL FOR ALL STUDENTS.**

Eclipse day ☺

Welcome back ☺

9

CINNAMON ROLL,  
FRUIT, JUICE, MILK

10

"GRAB AND GO", FRUIT,  
JUICE, MILK

11

BREAKFAST  
SANDWICH, FRUIT,  
JUICE, MILK

12

GRAPE FILLED  
CRESCENT, FRUIT,  
JUICE, MILK

15

MINI FRENCH TOAST,  
FRUIT, JUICE, MILK

16

BREAKFAST PIZZA,  
FRUIT, JUICE, MILK

17

"GRAB AND GO" FRUIT,  
JUICE, MILK

18

PANCAKE WRAP,  
FRUIT, JUICE, MILK

19

**SMS students are in attendance. SHS will have an eLearning day.**  
COOKS CHOICE, FRUIT,  
JUICE, MILK

22

WARM APPLE FRUDEL,  
FRUIT, JUICE, MILK

23

CHICKEN AND BISCUIT,  
FRUIT, JUICE, MILK

24

"GRAB AND GO" FRUIT,  
JUICE, MILK

25

BREAKFAST BURRITO,  
FRUIT, JUICE, MILK

26

DONUT STICK, FRUIT,  
JUICE, MILK

29

BAGEL W/ CREAM  
CHEESE, FRUIT, JUICE,  
MILK

30

MINI PANCAKES,  
FRUIT, JUICE, MILK

THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER.

