

November 2019

Sheridan Middle and High School

BREAKFAST



School Information:
Nov.4 E-learning day
Nov. 27-29 Thanksgiving Break



Nutrition Tip: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Please check out our Wellness Policy and our Procedure for Student Meal Accounts found on our school website.



1
MINI CONFETTI PANCAKES, FRUIT, JUICE, MILK

4
E-LEARNING DAY

5
PANCAKE WRAP, FRUIT, JUICE, MILK

6
BREAKFAST SANDWICH, FRUIT, JUICE, MILK

7
MINI WAFFLE BITES, FRUIT, JUICE, MILK

8
WHOLE GRAIN DONUT, FRUIT, JUICE, MILK

11
BREAKFAST SLIDERS, FRUIT, JUICE, MILK

12
MINI BLUEBERRY PANCAKES, FRUIT, JUICE, MILK

13
BREAKFAST BOSCO, FRUIT, JUICE, MILK

14
EGG AND CHEESE SANDWICH, FRUIT, JUICE, MILK

15
CIINNI MINIS, FRUIT, JUICE, MILK

18
WARM BAKED FRUDEL, FRUIT, JUICE, MILK

19
APPLE TEXAS TOAST, FRUIT, JUICE, MILK

20
WAFFLE SANDWICH, FRUIT, JUICE, MILK

21
BREAKFAST PIZZA, FRUIT, JUICE, MILK

22
BREAKFAST WRAP, FRUIT, JUICE, MILK

25
BREAKFAST BURRITO, FRUIT, JUICE, MILK

26
MINI FRENCH TOAST BITES, FRUIT, JUICE, MILK

27
THANKSGIVING BREAK

28
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HAPPY THANKSGIVING

29
THANKSGIVING BREAK