

February 2018

SMS-SHS SHERIDAN

BREAKFAST

School Information:

FEB. 14, eLearning day

FEB. 19, PRESIDENTS day / eLEARNING 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

5

BAGELFUL W/CREAM CHEESE, FRUIT, JUICE, MILK

6

BREAKFAST PIZZA, FRUIT, JUICE, MILK

7

STRAWBERRY PANCAKES, FRUIT, JUICE, MILK

8

BREAKFAST SANDWICH, FRUIT, JUICE, MILK

9

WARM CHERRY FRUDEL, FRUIT, JUICE, MILK

12

CINNI- MINNIS, FRUIT, JUICE, MILK

13

BOSCO BREAKFAST STICK, FRUIT, JUICE, MILK

14

eLearning day for students

15

MINI WAFFLES, FRUIT, JUICE, MILK

16

BREAKFAST SLIDERS, FRUIT, JUICE, MILK

19

Presidents day / eLEARNING DAY

20

APPLE BOSCO STICK, FRUIT, JUICE, MILK

21

MINI PANCAKE BITES, FRUIT, JUICE, MILK

22

FRENCH TOAST, FRUIT, JUICE, MILK

23

WARM CINNAMON ROLL, FRUIT, JUICE, MILK

26

WARM CHERRY FRUDEL, FRUIT, JUICE, MILK

27

BREAKFAST PIZZA, FRUIT, JUICE, MILK

28

BREAKFAST SANDWICH, FRUIT, JUICE, MILK

