

# September 2018

SHERIDAN SMS-SHS

BREAKFAST

## School Information:



September 3<sup>rd</sup> Labor Day  
September 12<sup>TH</sup> E-learning day



## Nutrition Tip

More fruits and vegetables are served at your school every day.  
A variety of fruits and vegetables are served throughout the week  
Including red, orange, and dark-green vegetables.



## Monday

3

LABOR DAY  
Students not in attendance  
Enjoy with family and friends ☺

## Tuesday

4

CINNI-MINIS, FRUIT, JUICE,  
MILK

## Wednesday

5

MINI FRENCH TOAST, FRUIT,  
JUICE, MILK

## Thursday

6

APPLE BOSCO STICK, FRUIT,  
JUICE, MILK

## Friday

7

DUTCH WAFFLE, FRUIT, JUICE,  
MILK

10

WHOLE GRAIN DONUT, FRUIT,  
JUICE, MILK

11

BREAKFAST PIZZA, FRUIT,  
JUICE, MILK

12

E-learning day

13

BISCUIT SANDWICH, FRUIT,  
JUICE, MILK

14

BREAKFAST BITES, FRUIT,  
JUICE, MILK

17

BREAKFAST SLIDERS, FRUIT,  
JUICE, MILK

18

EGG & CHEESE BURRITO,  
FRUIT, JUICE, MILK

19

APPLE TEXAS TOAST, FRUIT,  
JUICE, MILK

20

MINI PANCAKES, FRUIT, JUICE,  
MILK

21

APPLE BOSCO STICK, FRUIT,  
JUICE, MILK

24

WARM CINNAMON ROLL,  
FRUIT, JUICE, MILK

25

BREAKFAST PIZZA, FRUIT,  
JUICE, MILK

26

DUTCH WAFFLE, FRUIT,  
JUICE, MILK

27

BREAKFAST BITES, FRUIT,  
JUICE, MILK

28

WHOLE GRAIN DONUT, FRUIT,  
JUICE, MILK



Menu may change without notice

## REMINDER:

Breakfast served every school day  
starting at 7:30. The cost for  
breakfast is \$1.50 & .30 for reduced.

If your student receives free or  
reduced lunches they also receive  
free/reduced breakfast.

