

November 2017

SHERIDAN SMS-SHS

BREAKFAST



School Information:

eLearning day Nov. 8th
Thanksgiving break Nov. 22-24
Happy Thanksgiving enjoy your time with family & friends. ☺



Nutrition Tip: Try new foods; Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade new and tasty recipes with friends or find them online.



Monday

Tuesday

Wednesday

Thursday

Friday



6

BAGELFUL W/ CREAM CHEESE,
FRUIT, JUICE, MILK

7

BREAKFAST PIZZA, FRUIT,
JUICE, MILK

8

eLearning day

9

STRAWBERRY PANCAKES,
FRUIT, JUICE, MILK

10

WHOLE GRAIN DONUTS,
FRUIT, JUICE, MILK

13

CHERRY FRUDEL, FRUIT,
JUICE, MILK

14

BREAKFAST SANDWICH, FRUIT,
JUICE, MILK

15

BITE SIZE PANCAKE WRAPS,
FRUIT, JUICE, MILK

16

BREAKFAST BURRITO, FRUIT,
JUICE, MILK

17

WARM CINNAMON ROLL,
FRUIT, JUICE, MILK

20

BREAKFAST WRAP, FRUIT,
JUICE, MILK

21

CINNI-MINIS, FRUIT, JUICE,
MILK

22

THANKSGIVING BREAK

23

HAPPY THANKSGIVING

24

THANKSGIVING BREAK

27

APPLE BOSCO, FRUIT, JUICE,
MILK

28

BREAKFAST PIZZA, FRUIT,
JUICE, MILK

29

EGG, SAUSAGE, CHEESE
SANDWICH, FRUIT, JUICE, MILK

30

MINI PANCAKES, FRUIT, JUICE,
MILK

Menu subject to change without
notice

