

DECEMBER 2022 SHERIDAN MIDDLE AND HIGH SCHOOL

BREAKFAST



School Information:

Winter Break Dec. 21st – Jan. 3rd 2023.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



This institution is an equal opportunity provider.

TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

5

WARM CINNAMON ROLL, FRUIT, JUICE, MILK

6

WAFFLE, FRUIT, JUICE, MILK

7

EGG AND CHEESE BREAKFAST SANDWICH, FRUIT, JUICE, MILK

8

MINI PANCAKES, FRUIT, JUICE, MILK

9

DONUT, FRUIT, JUICE, MILK

12

BREAKFAST CEREL BAR, FRUIT, JUICE, MILK

13

CHICKEN AND BISCUIT, FRUIT, JUICE, MILK

14

BREAKFAST BURRITO, FRUIT, JUICE, MILK

15

EGG AND CHEESE BREAKFAST WRAP, FRUIT, JUICE, MILK

16

CHOCOLAT FILLED CRESCENT, FRUIT, JUICE, MILK

19

COOKS CHOICE, FRUIT, JUICE, MILK

20

COOKS CHOICE, FRUIT, JUICE, MILK



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WINTER BREAK BEGINS

22

WINTER BREAK 😊

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WINTER BREAK 😊

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WINTER BREAK 😊

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WINTER BREAK 😊

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WINTER BREAK 😊

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WINTER BREAK 😊

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NEW YEAR'S EVE 😊