

January 2019

Sheridan SMS-SHS

BREAKFAST



School Information:

School resumes Jan. 7, 2019
Martin Luther King Day/ flex day Jan.21, 2019
Reminder: If your student receives free/reduced lunch they also receive free/reduced breakfast.



Nutrition Tip: Each meal is a building block in your healthy eating style. Include all the food groups throughout the day. Make fruits, vegetables, grains, dairy and protein part of your daily meals and snacks. Limit added sugars, sodium and saturated fat.



Monday

We offer breakfast in the cafeteria starting at 7:30 on every school day. The cost for breakfast is \$1.50 & .30 for reduced.

Tuesday

HAPPY NEW YEAR ☺

Wednesday

Winter Break

Thursday

Winter Break

Friday

Winter Break

7

WHOLE GRAIN DONUT, FRUIT, JUICE, MILK

8

MINI FRENCH TOAST, FRUIT, JUICE, MILK

9

BREAKFAST PIZZA, FRUIT, JUICE, MILK

10

DUTCH WAFFLE, FRUIT, JUICE, MILK

11

BREAKFAST TACO, FRUIT, JUICE, MILK

14

APPLE BOSCO, FRUIT, JUICE, MILK

15

BREAKFAST SLIDER, FRUIT, JUICE, MILK

16

PANCAKE WRAP, FRUIT, JUICE, MILK

17

HAM & CHEESE BISCUIT, FRUIT, JUICE, MILK

18

BREAKFAST BITES, FRUIT, JUICE, MILK

21

Martin Luther King/ flex day

22

MINI BLUEBERRY PANCAKES, FRUIT, JUICE, MILK

23

BREAKFAST BURRITO, FRUIT, JUICE, MILK

24

APPLE TEXAS TOAST, FRUIT, JUICE, MILK

25

CINNAMON ROLL, FRUIT, JUICE, MILK

28

CROISSANT FILLED ROLL, FRUIT, JUICE, MILK

29

MINI WAFFLES, FRUIT, JUICE, MILK

30

BREAKFAST SANDWICH, FRUIT, JUICE, MILK

31

CREAM CHEESE BAGEL BAR, FRUIT, JUICE, MILK



Menu subject to change without notice.