

April 2019

SHERIDAN SMS-SHS

BREAKFAST



School Information:
SPRING BREAK MARCH 29TH – APRIL 5TH



Nutrition Tip: Add lean protein to your meals. Choose protein foods such as lean beef, pork, chicken or turkey and eggs, nuts, and beans. Twice a week, make seafood the protein on your plate.



Monday

Tuesday

Wednesday

Thursday

Friday

1

SPRING BREAK

2

SPRING BREAK

3

SPRING BREAK

4

SPRING BREAK

5

SPRING BREAK

8

APPLE BOSCO, FRUIT, JUICE,
MILK

9

MINI FRENCH TOAST, FRUIT,
JUICE, MILK

10

BREAKFAST PIZZA, FRUIT,
JUICE, MILK

11

DUTCH WAFFLE, FRUIT, JUICE,
MILK

12

WHOLE GRAIN DONUT, FRUIT,
JUICE, MILK

15

BREAKFAST TACO, FRUIT,
JUICE, MILK

16

MINI PANCAKES, FRUIT, JUICE,
MILK

17

BREAKFAST SANDWICH, FRUIT,
JUICE, MILK

18

APPLE TEXAS TOAST, FRUIT,
JUICE, MILK

19

MINI CINNIS, FRUIT, JUICE,
MILK

22

CREAM CHEESE BAGEL BAR,
FRUIT, JUICE, MILK

23

WAFFLES, FRUIT, JUICE, MILK

24

BREAKFAST BURRITO, FRUIT,
JUICE, MILK

25

BREAKFAST PIZZA, FRUIT,
JUICE, MILK

26

FLEX DAY

29

BREAKFAST SLIDERS, FRUIT,
JUICE, MILK

30

PANCAKE WRAP, FRUIT, JUICE,
MILK



Menu may change without notice.