



School Information: Welcome back 2019-2020
We offer breakfast starting at 7:30 on every school day. Breakfast is \$1.50 and .30 for reduced.



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

TO SET UP AN ACCOUNT OR DEPOSIT MONEY INTO YOUR STUDENTS ACCOUNT PLEASE GO TO WWW.SENDMONEYTOSCHOOL.COM

APPLICATIONS FOR FREE/REDUCED BREAKFAST AND LUNCH CAN BE FOUND ON WWW.LUNCHAPP.COM OR PAPER APPLICATIONS ARE AVAILABLE AT EACH SCHOOL OFFICE SITE.

BREAKFAST CHOICES INCLUDE: 1
WHOLE GRAIN CEREALS, BAGELS, BREAKFAST WRAPS, PANCAKES, MUFFINS, WAFFLES, BREAKFAST BARS, FRESH FRUIT, JUICE, 1% AND FAT FREE MILK.

2
SHERIDAN SCHOOLS FOLLOW THE N.S.B.P. GUIDELINES, REDUCED SUGAR, FAT, SODIUM & CALORIES.

5

MENU MAY CHANGE WITHOUT NOTICE.

12

BAGEL W/ CREAM CHEESE, FRUIT, JUICE, MILK

19

CINNI-MINIS, FRUIT, JUICE, MILK

26

MUFFIN AND YOGURT, FRUIT, JUICE, MILK

Welcome back 😊

PANCAKE WRAP, FRUIT, JUICE, MILK

BREAKFAST PIZZA, FRUIT, JUICE, MILK

FRUIT FILLED CRESCENT, FRUIT, JUICE, MILK

BREAKFAST PIZZA, FRUIT, JUICE, MILK

6

13

20

27

7

BREAKFAST SANDWICH, FRUIT, JUICE, MILK

14

MINI PANCAKES, FRUIT, JUICE, MILK

21

APPLE TEXAS TOAST, FRUIT, JUICE, MILK

28

MINI FRENCH TOAST, FRUIT, JUICE, MILK

8

WAFFLES, FRUIT, JUICE, MILK

15

BISCUIT AND EGG PATTY, FRUIT, JUICE, MILK

22

BREAKFAST WRAP, FRUIT, JUICE, MILK

29

BISCUIT AND SAUSAGE, FRUIT, JUICE, MILK

9

APPLE BOSCO, FRUIT, JUICE, MILK

16

WHOLE GRAIN DONUT, FRUIT, JUICE, MILK

23

WAFFLE SANDWICH, FRUIT, JUICE, MILK

30

BREAKFAST BITES, FRUIT, JUICE, MILK