

# September 2017

## SHERIDAN SMS-SHS

### BREAKFAST



#### School Information:

Labor Day Sept. 4<sup>th</sup> students not in attendance.  
E-Learning day Sept. 13  
If your student receives free or reduced lunch they also receive free or reduced breakfast,



#### Nutrition Tip: Be creative with your breakfast ☺

Add apples, bananas, blueberries, or peaches and pears to your oatmeal, yogurt, smoothie or pancakes for a special start to your day.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Breakfast choices daily include, whole grain cereals, bagels, muffins, breakfast bars, poptarts, low-fat cheese sticks, fruit, 100% juice, 1% and fat free milk.



Menu subject to change without notice.

1  
WARM CINNAMON ROLL,  
FRUIT, JUICE, MILK,

4

LABOR DAY  
Students not in attendance,  
ENJOY YOUR DAY☺

5

BREAKFAST WRAP, FRUIT,  
JUICE, MILK

6

MINI FRENCH TOAST, FRUIT,  
JUICE, MILK

7

BREAKFAST BURRITO, FRUIT,  
JUICE, MILK

8

WHOLE GRAIN DONUT, JUICE,  
FRUIT, MILK

11

BAGELFUL W/ CREAM CHEESE,  
FRUIT, JUICE, MILK

12

BREAKFAST PIZZA, FRUIT,  
JUICE, MILK

13

E-learning day  
Cooks choice for breakfast

14

BREAKFAST SANDWICH, FRUIT,  
JUICE, MILK

15

CINNI-MINIS, FRUIT, JUICE,  
MILK

18

APPLE BOSCO, FRUIT, JUICE,  
MILK

19

BREAKFAST BURRITO, FRUIT,  
JUICE, MILK

20

STRAWBERRY PANCAKES,  
FRUIT, JUICE, MILK

21

BREAKFAST WRAP, FRUIT,  
JUICE, MILK

22

YOGURT, MUFFIN, FRUIT,  
JUICE, MILK

25

WARM FRUIT FRUDEL, JUICE,  
MILK, FRUIT

26

BITE SIZE PANCAKE WRAPS,  
FRUIT, JUICE, MILK

27

BREAKFAST PIZZA, FRUIT,  
JUICE, MILK

28

FRENCH TOAST STICKS, FRUIT,  
JUICE, MILK

29

MINI WAFFLES, FRUIT, JUICE,  
MILK