

OCTOBER 2021

Sheridan Middle and High School

BREAKFAST



School Information:

Fall Break Oct. 11th -15th Enjoy your break 😊



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



This institution is an equal opportunity provider.

Due to food supply chain shortages, menu may change without notice.

1
Mini French toast, fruit, juice, milk

4
Cinnamon Roll Day
Cinnamon roll, fruit, juice, milk

5
Mini pancakes, fruit, juice, milk

6
Egg and cheese roll-up, fruit, juice, milk

7
Breakfast bar, fruit, juice, milk

8
Warm fruit Frudel, juice, fruit, milk

11
FALL BREAK BEGINS 😊

12
FALL BREAK 😊

13
FALL BREAK 😊

14
FALL BREAK 😊

15
FALL BREAK 😊

18
Poptart & yogurt, fruit, juice, milk

19
Breakfast pizza, fruit, juice, milk

20
Apple Texas toast, fruit, juice, milk

21
Breakfast sandwich, fruit, juice, milk

22
Yeast donut, fruit, juice, milk

25
Breakfast burrito, fruit, juice, milk

26
Mini waffles, fruit, juice, milk

27
Muffin & cheese stick, fruit, juice, milk

28
National Chocolate Day
Chocolate filled crescent roll, fruit, juice, milk

29
Breakfast cereal bar, fruit, juice, milk