

DECEMBER 2023 SHERIDAN MIDDLE AND HIGH SCHOOL

BREAKFAST



School Information:

Winter Break Dec. 21st – Jan. 3rd enjoy with family and friends 😊



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



4

MINI PANCAKES, FRUIT, JUICE, MILK

11

PANCAKE SAUSAGE WRAP, FRUIT, JUICE, MILK

18

CINNAMON ROLL, FRUIT, JUICE, MILK

25

😊
WINTER BREAK

TUESDAY

This institution is an equal opportunity provider.



5

BREAKFAST WRAP, FRUIT, JUICE, MILK

12

BREAKFAST SANDWICH, FRUIT, JUICE, MILK

19

FRENCH TOAST STICKS, FRUIT, JUICE, MILK

26

😊
WINTER BREAK

WEDNESDAY



6

"GRAB AND GO" BREAKFAST, FRUIT, JUICE, MILK

13

"GRAB AND GO" BREAKFAST, FRUIT, JUICE, MILK

20

"GRAB AND GO" BREAKFAST, FRUIT, JUICE, MILK

27

😊
WINTER BREAK

THURSDAY



7

BREAKFAST PIZZA, FRUIT, JUICE, MILK

14

WAFFLES, FRUIT, JUICE, MILK

21

😊
WINTER BREAK BEGINS

28

😊
WINTER BREAK

FRIDAY

1

WARM STRWBERRY MINI BAGEL, FRUIT, JUICE, MILK

8

WARM APPLE FRUDEL, FRUIT, JUICE, MILK

15

WHOLE GRAIN DONUT, FRUIT, JUICE, MILK

22

😊
WINTER BREAK

29

😊
WINTER BREAK