

JANUARY 2025

SHERIDAN HIGH AND MIDDLE SCHOOL

BREAKFAST



SCHOOL IS BACK IN SESSION ON JANUARY 6TH

January 20th Martin Luther King JR. day/
FLEX day



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HAPPY NEW YEAR!

1

BREAKFAST IS FREE FOR ALL STUDENTS. We offer daily cereal, breakfast bars, fresh fruit, juice, and milk

2

This institution is an equal opportunity provider.

3

Apple Frudel,
fruit, juice, milk

6

French toast bites,
fruit, juice, milk

7

"Grab and Go" breakfast
fruit, juice, milk

8

Egg and cheese wrap
fruit, juice, milk

9

Churro donut,
fruit, juice,
milk

10

Pancake wrap, fruit,
juice, milk

13

Breakfast pizza, fruit,
juice, milk

14

"Grab and Go" breakfast
fruit, juice, milk

15

Waffle, fruit, juice, milk

16

Mini cinnamon roll,
fruit, juice, milk

17

Martin Luther King Jr.
day / FLEX day

20

Muffin with cheese stick,
fruit, juice, milk,

21

"
"Grab and Go" breakfast,
fruit, juice, milk

22

Pancakes fruit
juice, milk

23

Chocolate filled
crescent roll,
fruit, juice, milk

24

Breakfast sandwich
fruit, juice, milk

27

Maple waffle, fruit,
juice, milk

28

"Grab and Go" breakfast
fruit, juice, milk

29

French toast, fruit, juice
milk,

30

Donut holes, fruit,
juice, milk

31