

APRIL 2025

Sheridan Middle and High School

BREAKFAST



School Information:

SCHOOL WILL RESUME ON MONDAY APRIL 7TH

FLEX DAY APRIL 25TH FOR ALL STUDENTS



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER.

SPRING BREAK 😊

SPRING BREAK

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SPRING BREAK
ENDS

APPLE FRUDEL, FRUIT,
JUICE, MILK

PANCAKE WRAP, FRUIT,
JUICE, MILK

"GRAB AND GO", FRUIT,
JUICE, MILK

BREAKFAST PIZZA, FRUIT,
JUICE, MILK

CHOCOLATE FILLED
CRESENT, FRUIT, JUICE,
MILK

FRENCH TOAST BITES,
FRUIT, JUICE, MILK

MINI PANCAKES, FRUIT,
JUICE, MILK

"GRAB AND Go", FRUIT,
JUICE, MILK

EGG AND CHEESE WRAP,
FRUIT, JUICE, MILK

CHURRO DONUT, FRUIT,
JUICE, MILK

MUFFIN W/ CHEESE
STICK, FRUIT, JUICE, MILK

BREAKFAST SANDWICH,
FRUIT, JUICE, MILK

"GRAB AND GO" FRUIT,
JUICE, MILK

WARM CHERRY FRUDEL,
FRUIT, JUICE, MILK

**FLEX DAY FOR ALL
STUDENTS !**

CINNAMON ROLL, FRUIT,
JUICE, MILK

MINI WAFFLES, FRUIT,
JUICE, MILK

" GRAB AND GO" ,
FRUIT, JUICE, MILK

