

# Breakfast Menu

Sherwood Middle School  
Lunch times are 7:30 a.m.-8:00 a.m.

## **Breakfast Buffet Includes:**

**Assorted Whole Grain Cereal or Whole-Wheat Bagel**

**(Choose One)**

**and:**

**Assorted Fruits and Juices**

**Low Fat Milk**

**Daily Specials (Yogurt, Hard Boiled Eggs etc)**

**Breakfasts must include a Bagel or Cereal, Milk and Fruit**



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