



**SHELDON COMMUNITY SCHOOL
SHELDON, IOWA**

BREAKFAST AND LUNCH MENU

Monday, January 30

Cereal
Toast
Fruit & Juice
Milk

Tavern on a Bun
Pickles
Rice Pudding
Raisin Sauce
Coleslaw
Fruit
Milk

Tuesday, January 31

French Toast
or Cereal
Fruit & Juice
Milk

Chicken Grill
Whole Wheat Pasta
Alfredo Sauce
Winter Mix
Breadsticks
Fruit
Milk

Wednesday, Feb. 1

Cereal
Toast
Fruit & Juice
Milk
Biscuits/Gravy at HS

Mr. Ribb on a Bun
Oven Potatoes
Peas
Cheesecake
Fruit
Milk



Thursday, February 2

Omelet
or Cereal
Toast
Fruit & Juice
Milk

Chicken, Chili, or
Vegetable Soup
Crackers
Carrots Sticks
Bread & Butter or
Cheese Sandwiches
Fruit
Milk

Friday, February 3

Donut or Cereal
Fruit & Juice
Milk

Cheese Pizza
Lettuce Salad
Bread & Butter or
Peanut Butter
Fruit
Milk

Monday, February 6

Cereal
Toast
Fruit & Juice
Milk

Popcorn Chicken
Whipped Potatoes
Gravy
Green Beans
Bread & Butter
Fruit
Milk

Tuesday, February 7

Breakfast Wrap or
Cereal
Fruit & Juice
Milk

Potato Nugget Hot Dish
Corn
Bread & Butter
Cookie Bar
Fruit
Milk

Wednesday, Feb. 8

Cereal
Toast
Fruit & Juice
Milk
Biscuits/Gravy at HS & MS

Corn Dog
Oven Potatoes
Bread & Butter
Fruit
Milk

Thursday, February 9

Egg/Cheese/Sausage
McMuffin or Cereal
Fruit & Juice
Milk

Baked Potato with
Chili & Cheese Sauce
California Blend
Cinnamon Roll
Fruit
Milk

Friday, February 10

Long Johns or Cereal
Fruit & Juice
Milk

Hot Dog or Chili Dog
on a Bun
Oven Potatoes
Pudding
Fruit
Milk

