

**SHELDON COMMUNITY SCHOOL
SHELDON, IOWA**

BREAKFAST AND LUNCH MENU



Monday, January 16

Cereal
Toast
Fruit & Juice
Milk

Chicken Strips
Whipped Potatoes
Corn
Bread & Butter
Fruit
Milk

Tuesday, January 17

Omelet or Cereal
Toast
Fruit & Juice
Milk

Mostaccioli
Carrots
Bread Sticks
Pumpkin Bar
Fruit
Milk

Wednesday, January 18

Cereal
Toast
Fruit & Juice
Milk
Biscuits/Gravy at HS

Stromboli with
Pizza Sauce
Green Beans
Bread & Butter or
Peanut Butter
Fruit
Milk

Thursday, January 19

Scrambled Egg/
Ham/Cheese & Toast
or Cereal
Fruit & Juice
Milk

Nachos Supreme with
Meat & Cheese Sauce
Lettuce Salad
Bread & Butter or
Peanut Butter
Fruit
Milk

Friday, January 20

No School



Monday, January 23

Cereal
Toast
Fruit & Juice
Milk

Hamburger
on a Bun
Cheese Slices
Pickles
French Fries
Fruit
Milk

Tuesday, January 24

Breakfast Pizza
or Cereal
Fruit & Juice
Milk

Tuna and Noodles
Peas
Monkey Bread
Fruit
Milk

Wednesday, January 25

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

Hot Ham and Cheese
on a Bun
Whipped Potatoes
Fruit
Milk

Thursday, January 26

Breakfast Wrap
or Cereal
Fruit & Juice
Milk

Tacos or Taco in a Bag
Lettuce, Cheese
Tomatoes
Baked Beans
Bread & Butter or
Peanut Butter
Fruit
Milk

Friday, January 27

Long Johns or Cereal
Fruit & Juice
Milk

Fish or Meat
on a Bun
Oven Potatoes
Rice Krispy Bar
Fruit
Milk

