

**SHELDON COMMUNITY SCHOOL
SHELDON, IOWA**



BREAKFAST AND LUNCH MENU

Monday, March 12

Cereal
Toast
Fruit & Juice
Milk

Hamburger
on a Bun
French Fries
Fruit
Milk

Tuesday, March 13

Omelet or Cereal
Toast
Fruit & Juice
Milk

Hot Pockets
Green Beans
Bread & Butter
Fruit
Milk

Wednesday, March 14

Cereal
Toast
Fruit & Juice
Milk
Biscuits/Gravy at HS

Chicken, Chili, or
Vegetable Soup
Crackers
Carrot and Celery Sticks
Bread & Butter or
Cheese Sandwich
Cake
Fruit
Milk

Thursday, March 15

Breakfast Wrap
or Cereal
Fruit & Juice
Milk

Chicken Strips
Whipped Potatoes
Gravy
Corn
Bread & Butter
Fruit
Milk

Friday March 16

Mini Donut
or Cereal
Fruit & Juice
Milk

Double Stuffed Pizza
Lettuce Salad
Bread & Butter or
Peanut Butter
Jello
Fruit
Milk



Monday, March 19

Cereal
Toast
Fruit & Juice
Milk

Taverns on a Bun
Rice Pudding
Coleslaw
Fruit
Milk

Tuesday, March 20

Breakfast Pizza or
Cereal
Fruit & Juice
Milk

Scalloped Potatoes with
Ham or Wieners
Green Beans
Bread & Butter or
Peanut Butter
Brownie
Fruit
Milk

Wednesday, March 21

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

Parmesan Chicken
Whole Wheat Pasta
w/Spaghetti Sauce
Carrots
Garlic Bread
Fruit
Milk

Thursday, March 22

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

Hot Dog
on a Bun at East
Weiner Wink at
MS & HS
Whipped Potatoes
Peas
Fruit
Milk

Friday, March 23

Long Johns
or Cereal
Fruit & Juice
Milk

Nachos Supreme with
Meat & Cheese Sauce
Black Bean Salsa
Lettuce Salad
Bread & Butter or
Peanut Butter
Milk