

OCTOBER 2026

Sheldon R-8 Schools



Monday



Tuesday



Wednesday



Thursday

Friday



**No School
PD Day**

5

Breakfast

Scrambled Eggs
Bacon

6

Lunch

Crispito & Cheese Sauce
Tortilla Chips
Black Beans

Breakfast

Muffin & Yogurt

7

Lunch

Sloppy Joe
Corn

Breakfast

Pretzel & Cheese
Sauce

1

Lunch

BBQ Meatballs & Hot Roll
Au Gratin Potatoes
Steamed Carrots

Breakfast

Biscuits & Gravy

2

Lunch

Mozzarella Sticks
Marinara Sauce
Tossed Salad

Breakfast

Sausage & Cheese
English Muffin

8

Lunch

Ham & Hot Roll
Au Gratin Potatoes
Green Beans

Breakfast

Biscuits & Gravy

9

Lunch

Pizza
Tossed Salad

Breakfast

Mini Donuts

12

Lunch

Cheeseburger
Baked Beans
French Fries

Breakfast

Cheese Omelet

13

Lunch

Orange Chicken
Rice & Egg Roll
Oriental Veggies

Breakfast

Waffles & Syrup
Sausage Patty

14

Lunch

Corn Dogs
Macaroni & Cheese
Carrots

Breakfast

Chicken Biscuit

15

Lunch

Chicken Patty
Mashed Potatoes
Green Beans

Breakfast

Biscuits & Gravy

16

Lunch

Bosco Stick
Marinara Sauce
Tossed Salad

Breakfast

Cinni Minis

19

Lunch

Chicken Club Wrap
Sun Chips
Fresh Carrots

Breakfast

Bacon Scramble Pizz

20

Lunch

Beef Nachos
Lettuce & Tomatoes
Refried Beans

Breakfast

Pancakes & Syrup
Sausage Patty

21

Lunch

Popcorn Chicken
Mashed Potatoes
Corn

Breakfast

Ham & Egg
English Muffin

22

Lunch

Spaghetti & Meat Sauce
Garlic Breadstick
Green Beans

No School

23

Breakfast

Mini Bagels

26

Lunch

BBQ Rib Sandwich
Baked Beans
Potato Wedges

Breakfast

Breakfast Burrito

27

Lunch

Cashew Chicken
Rice & Egg Roll
Oriental Veggies

Breakfast

French Toast Sticks

28

Lunch

Chicken Sandwich
Lettuce & Tomato
Sweet Potato Fries

Breakfast

Sausage & Egg
Croissant

29

Lunch

Meatloaf & Hot Roll
Au Gratin Potatoes
Green Beans

Breakfast

Biscuits & Gravy

30

Lunch

Ravioli
Garlic Breadstick
Tossed Salad

Cereal will be available daily as a second option for breakfast. Each meal is also served with a fruit and milk and juice will be served with breakfast.

This institution is an equal opportunity provider.

NOVEMBER 2026

Sheldon R-8 Schools




Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Mini Waffles 2	Breakfast Combo Bar Toast 3	Breakfast Pancake & Sausage On a Stick 4	Breakfast Egg & Cheese English Muffin 5	Breakfast Biscuits & Gravy 6
Lunch Ham & Cheese Sandwich Sun Chips Fresh Carrots	Lunch Walking Taco Lettuce & Tomato Pinto Beans	Lunch Pancakes & Sausage Scrambled Eggs Hashbrown & Juice	Lunch Breaded Beef Patty Mashed Potatoes Green Beans	Lunch Chicken Alfredo Garlic Breadstick Steamed Broccoli
Breakfast Mini Pancakes 9	Breakfast Sausage Breakfast Pizza 10	Breakfast Cinnamon Roll 11	Breakfast Pretzel & Cheese Sauce 12	Breakfast Biscuits & Gravy 13
Lunch Hot Dog on Bun Tater Tots Baked Beans	Lunch Sweet & Sour Chicken Rice & Egg Roll Oriental Veggies	Lunch Fish Sticks Macaroni & Cheese Green Beans	Lunch BBQ Meatballs & Hot Roll Au Gratin Potatoes Steamed Carrots	Lunch Mozzarella Sticks Marinara Sauce Tossed Salad
Breakfast Mini French Toast 16	Breakfast Scrambled Eggs Bacon 17	Breakfast Muffin & Yogurt 18	Breakfast Sausage & Cheese English Muffin 19	Breakfast Biscuits & Gravy 20
Lunch Turkey & Cheese Croissant Baked Potato Chips Fresh Carrots	Lunch Crispito & Cheese Sauce Tortilla Chips Black Beans	Lunch Sloppy Joe Corn	Lunch Ham & Hot Roll Au Gratin Potatoes Green Beans	Lunch Pizza Tossed Salad
23 Thanksgiving Break	24 Thanksgiving Break	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break
Breakfast Mini Donuts 30				
Lunch Cheeseburger Baked Beans French Fries				

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