



BREAKFAST

Menu is Subject to Change

FEBRUARY 2022

Shenandoah JK-8 Breakfast Menu

Low-Fat and Fat-Free Milk
are Offered with All Meals

Monday

Adult Meal \$3.95
Extra Milk \$0.40

Breakfast Burrito
Or
Chex Cereal Bowl
Fresh Fruit
Orange Juice
Choice of Milk

French Toast Sticks & Bacon
Or
Lucky Charms Cereal
Strawberries
Orange Juice
Choice of Milk

NO
SCHOOL

Ham, Egg & Cheese BF Bar w/Toast
Or
PBJ Uncrustable w/Go-Gurt
Apple Slices
Orange Juice
Choice of Milk

Tuesday

Cocoa Puffs Cereal
Or
Chocolate Chip BF Bar
Trix Yogurt
Blueberries
Orange Juice
Choice of Milk

PBJ Uncrustable
Or
Lucky Charms Cereal
Go-Gurt
Apple Slices
Orange Juice
Choice of Milk

Breakfast Pizza
Or
Cinnamon Toast Crunch Cereal
Blueberries
Apple Juice
Choice of Milk

Mini Pancakes
Or
Cocoa Puffs Cereal
Applesauce
Orange Juice
Choice of Milk

Wednesday

Mini Pancakes
Or
Pop Tart
String Cheese
Mandarin Oranges
Apple Juice
Choice of Milk

Scrambled Eggs, Sausage Links & Toast
Or
Cocoa Puffs Cereal
Applesauce
Grape Juice
Choice of Milk

Scrambled Eggs & Toast
Or
Pop Tart w/Go-Gurt
Diced Pears
Orange Juice
Choice of Milk

Biscuits & Gravy
Or
Golden Grahams Cereal Bar w/String
Cheese
Blueberries
Orange Juice
Choice of Milk

Thursday

Egg & Cheese BF Sandwich
Or
Blueberry Muffin
Go-Gurt
Banana
Apple Juice
Choice of Milk

Breakfast Boat
Or
Pop Tart
Trix Yogurt
Banana
Orange Juice
Choice of Milk

Waffle w/Sausage Links
Or
Blueberry Muffin w/Go-Gurt
Peaches
Grape Juice
Choice of Milk

Cinnamon Roll
Or
Pop Tart
Go-Gurt
Banana
Grape Juice
Choice of Milk

Friday

Cinnamon Roll
Or
Golden Graham's Cereal Bar
Trix Yogurt
Baked Cinnamon Apple Slices
Grape Juice
Choice of Milk

Pancake on a Stick
Or
Chocolate Chip Muffin
String Cheese
Raspberries
Apple Juice
Choice of Milk

Bacon & Egg BF Sandwich
Or
Lucky Charms Cereal
Apple Slices
Orange Juice
Choice of Milk

Chocolate Chip Muffin
Or
Cinnamon Toast Crunch Cereal
String Cheese
Orange Wedges
Apple Juice
Choice of Milk

A choice of one of the following is offered
with all meals

- Fat-Free Chocolate Milk
- Fat-Free White Milk
- 1% White Milk

Water is also available to students



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MySchoolBucks.com