

FEBRUARY 2023

Shenandoah JK-8 Breakfast Menu

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

Monday

Tuesday

Wednesday

Thursday

Friday

Cinni Mini
Or
Pop Tarts
Strawberries
Go-Gurt
Orange Juice
Choice of Milk

Oatmeal w/Toast
Or
Pop Tarts
Peaches
Orange Juice
Choice of Milk

Biscuits & Gravy
Or
Pop Tarts
Apple Slices
Orange Juice
Choice of Milk

Mini Donuts
Or
Chocolate Chip Muffin
Applesauce
Orange Juice
Choice of Milk

Scrambled Eggs, Hashbrown & Toast
Or
Sunshine Muffin
Mandarin Oranges
Apple Juice
Choice of Milk

French Toast Sticks & Bacon
Or
Blueberry Muffin
Mixed Berries
Orange Juice
Choice of Milk

Breakfast Cookie
Or
WG Muffin
Cottage Cheese
Pineapple
Orange Juice
Choice of Milk

Sausage Combo Link, Hashbrown & Biscuit w/Jelly
Or
Muffin
Banana
Orange Juice
Choice of Milk

Pancake on a Stick
Or
Cereal
Blueberries
Orange Juice
Choice of Milk

Ham, Egg & Cheese BF Bar w/Biscuit
Or
Cereal
Peaches
Orange Juice
Choice of Milk

French Toast Sticks w/Bacon
Or
Pop Tarts
Strawberries
Orange Juice
Choice of Milk

Hashbrown Breakfast Bake & Biscuit
Or
Pop Tarts w/Go-Gurt
Pears
Orange Juice
Choice of Milk

Cinnamon Roll
Or
Pop Tarts
Yogurt Cup
Baked Apple Slices
Orange Juice
Choice of Milk

NO SCHOOL

NO SCHOOL

Waffles
Or
Chocolate Chip Muffin
Mixed Berries
Orange Juice
Choice of Milk

Scrambled Eggs, Combo Link Sausage & Biscuit
Or
Blueberry Muffin
Apple Slices
Orange Juice
Choice of Milk

Student Breakfast \$2.00
Adult Breakfast \$2.50
Extra Milk \$0.40

