



Menu is Subject to Change

JANUARY 2022

Shenandoah JK-8 Breakfast Menu

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

Monday

No
School

3

Tuesday

Breakfast Pretzel Stick
Or
Cocoa Puffs Cereal
Mixed Berries
Go-Gurt
Orange Juice
Choice of Milk

4

Wednesday

Scrambled Eggs, Bacon & Toast
Or
Pop Tart w/Trix Yogurt
Orange Juice
Choice of Milk

5

Thursday

Egg & Cheese Breakfast Sandwich
Or
Blueberry Muffin w/Go-Gurt
Peaches
Apple Juice
Choice of Milk

6

Friday

PBJ Uncrustable w/ String Cheese
Or
Lucky Charms Cereal
Orange Wedges
Grape Juice
Choice of Milk

7

French Toast Sticks w/Bacon
Or
Trix Cereal Bar
Blueberries
Orange Juice
Choice of Milk

10

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

11

Mini Pancakes
Or
Froot Loop Parfait
Apple Slices
Orange Juice
Choice of Milk

12

Breakfast Taco
Or
WG Chocolate Chip Muffin
Banana
Orange Juice
Choice of Milk

13

Mini Donuts
Or
Cinnamon Chex Cereal
Fresh Fruit
Orange Juice
Choice of Milk

14

No
School

17

Waffles
Or
Chocolate Chip Breakfast Bar
Strawberries
Orange Juice
Choice of Milk

18

Cheese Omelet w/Toast
Or
Cinnamon Toast Crunch Cereal
Pineapple
Grape Juice
Choice of Milk

19

Biscuits & Gravy
Or
Blueberry Muffin w/Trix Yogurt
Orange Wedges
Apple Juice
Choice of Milk

20

Pancake on a Stick
Or
Cocoa Puffs Cereal
Fresh Fruit
Orange Juice
Choice of Milk

21

Apple Frudel
Or
Lucky Charms Cereal
Go-Gurt
Pears
Orange Juice
Choice of Milk

24

Breakfast Boat
Or
Cereal Bar
Trix Yogurt
Peaches
Apple Juice
Choice of Milk

25

Breakfast Pretzel Stick
Or
Pop Tart
Go-Gurt
Applesauce
Orange Juice
Choice of Milk

26

Scrambled Eggs w/Ham & Toast
Or
Lucky Charms Cereal
Mandarin Oranges
Apple Juice
Choice of Milk

27

PBJ Uncrustable
Or
Cheerios Cereal
String Cheese
Banana
Apple Juice
Choice of Milk

28

Breakfast Pizza
Or
Lucky Charms Cereal
Go-Gurt
Mixed Berries
Orange Juice
Choice of Milk

31

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

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

- Skim Chocolate Milk
- 1% White Milk
- Skim White Milk

Water is also available to students

This Institution is an Equal Opportunity Provider



PAY FOR MEALS ONLINE
MySchoolBucks.com