## **NOVEMBER 2022**

Shenandoah JK-8 Breakfast Menu

Friday Tuesday Thursday Monday Wednesday Cheese Omelet w/Bacon & To Smoothie w/Blueberry Muffin Ham, Egg & Cheese Breakfast B Donut Biscuit w/Jelly Or Pop Tarts w/String Cheese Pop Tarts w/Go-Gurt Or Pop Tarts Mixed Berries Fresh Apple Slices Pop Tarts Go-Gurt Orange Juice Orange Jucie Orange Slices Banana Choice of Milk Choice of Milk Orange Juice Apple Juice Choice of Milk Choice of Milk Egg & Cheese Breakfast Sandwich Breakfast Rolled Taco w/Salsa PBJ Uncrustable Maple Snack'n Waffle Froot Loop Parfait Or Or Chocolate Chip Muffin Blueberry Muffin Whole Grain Muffin Chocolate Muffin Choice of Muffin Go-Gurt Yogurt Cup Strawberries Banana Go-Gurt Peaches Applesauce Orange Juice Orange Juice Mandarin Oranges Orange Juice Orange Juice Choice of Milk Choice of Milk Apple Juice Choice of Milk Choice of Milk Choice of Milk 14 15 18 16 Scrambled Eggs & French Toast 7 Mini Pancakes Biscuits & Gravv Breakfast Nachos Breakfast Pizza Or Or Or Or Cereal Cereal Cereal Cereal Cereal Pears Blueberries Go-Gurt Orange Slices Fresh Fruit Orange Juice Orange Juice Apple Juice Orange Juice Grapes Choice of Milk Choice of Milk Choice of Milk Choice of Milk Orange Juice Choice of Milk Chocolate Chip Breakfast Bar 21 Country Breakfast Bowl w/Biscur22 23 24 25 Mini Donuts NO NO Or Or Pop Tarts Pop Tarts Pop Tarts **SCHOOL SCHOOL** Mixed Berries Cottage Cheese Yogurt Cup Pineapple Orange Juice Peaches Choice of Milk Orange Juice Orange Juice Choice of Milk Choice of Milk Scrambled Eggs w/Sausage & Toas 9 28 30 Pancake on a Stick Cinni Mini's Breakfast is FREE for ALL Students Whole Grain Muffin Chocolate Chip Muffin Blueberry Muffin Adult Breakfast \$2.50 Mandarin Oranges Banana Yogurt Cup Orange Slices Apple Juice Orange Juice Extra Milk \$0.40 Choice of Milk Grape Juice Choice of Milk Choice of Milk

This Institution is an Equal Opportunity Provider



