

OCTOBER 2022

Shenandoah JK-8 Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Blueberry Muffin	Egg & Cheese Breakfast Sandwich	Homemade Breakfast Burrito 5	French Toast Sticks w/Bacon	Mini Donuts 7
	Or	Or	Or	Or	Or
	Cereal	Cereal	Cereal	Cereal	Cereal
	Fresh Apple	Peaches	Banana	Orange Slices	Fresh Fruit
	String Cheese	Orange Juice	Orange Juice	Apple Juice	Orange Juice
	Orange Juice	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Choice of Milk				
	Chocolate Chip Breakfast Bar	Breakfast Slider	Breakfast Pizza	Pancake on a Stick	Fruit Smoothie w/Muffin
	Or	Or	Or	Or Land	Or Lin
1	Pop Tarts	Pop Tarts	Pop Tarts	Pop Tarts	Pop Tarts
	Go-Gurt	Pears	Mixed Berries	Banana	Fresh Fruit
	Applesauce	Orange Juice	Orange Juice	Orange Juice	Orange Juice
1	Orange Juice	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Choice of Milk				
	Mini Pancakes 17	Country Breakfast Bowl w/Biscuit	Straw. Banana Oatmeal Bake	Hashbrown Egg Bake w/Toas	Cinnamon Roll 21
	Or L	Or	Or	Or	Or 41
	Chocolate Chip Muffin	Blueberry Muffin w/Go-Gurt	Apple Muffin	Blueberry Muffin w/String Cheese	Whole Grain Muffin
	Go-Gurt	Fresh Apple	Cottage Cheese	Fresh Strawberries	Yogurt
	Mandarin Oranges	Orange Juice	Peaches	Orange Juice	Fresh Fruit
	Apple Juice	Choice of Milk	Orange Juice	Choice of Milk	Orange Juice
	Choice of Milk		Choice of Milk		Choice of Milk
	PBJ Uncrustable	French Toast w/Sausage Links	Biscuits & Gravy	07	20
	PBJ Uncrustable 24	Or	Biscuits & Gravy Or	27	28
	Cereal	Cereal	Cereal	NO	NO
	Trix Yogurt	Applesauce	Mixed Berries	1	
	Peaches	Orange Juice	Orange Juice	SCHOOL	SCHOOL
T	Orange Juice	Choice of Milk	Choice of Milk		
	Choice of Milk				
	Demonto an a Chief	1			
	Pancake on a Stick Or		11 4		
	Pop Tarts	V 2 10 11 7 /			
	Go-Gurt	Breakfast is Free f	for ALL students		
2	Fresh Strawberries	Extra Milk \$0.40	/ / /	I I I I TKU	
	Orange Juice	Adult Breakfast \$2.	.50	111111111111111111111111111111111111111	
	Choice of Milk	Tradit Browniust 42	X / / /		
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