

**BREAKFAST**

Menu Subject to Change

# OCTOBER 2019

## Shenandoah JK-8 Breakfast

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Biscuits & Gravy  
Or  
Cereal  
Go-Gurt  
Orange Juice  
Choice of Milk

Blueberry Muffin  
Or  
Pop Tart  
Trix Yogurt  
Orange Wedges  
Orange Juice  
Choice of Milk

Cheese Omelet w/Toast  
Or  
Choc. Chip Muffin w/String Cheese  
Peaches  
Orange Juice  
Choice of Milk

Apple Frudel Pastry  
Or  
Cereal w/Toast  
Banana  
Orange Juice  
Choice of Milk

Breakfast Boat  
Or  
Un crustables PBJ  
Mandarin Oranges  
Orange Juice  
Choice of Milk

Mini Pancakes  
Or  
Cereal w/Toast  
Strawberries  
Orange Juice  
Choice of Milk

Cocoa Puffs Soft Filled Pastry  
Or  
Pop Tart  
Baked Cinnamon Apples  
Strawberry Go-Gurt  
Orange Juice  
Choice of Milk

Donut Hole's  
Or  
Golden Grahams Cereal Bar  
Pears  
Yogurt  
Orange Juice  
Choice of Milk

Breakfast Pizza  
Or  
Cereal w/Toast  
Applesauce  
Orange Juice  
Choice of Milk

Waffles  
Or  
Pop Tart w/String Cheese  
Strawberries  
Orange Juice  
Choice of Milk

Cinnamon Roll  
Or  
Cereal  
Orange Wedges  
Orange Juice  
Choice of Milk

Un crustables PBJ  
Or  
Trix Cereal Bar  
Banana  
Orange Juice  
Choice of Milk

Scrambled Eggs  
Sausage Links  
Or  
Cereal  
Toast  
Orange Juice  
Choice of Milk

Cocoa Puffs Soft Filled Pastry  
Or  
Yogurt Parfait  
Pineapple Chunks  
Orange Juice  
Choice of Milk

Pancake on a Stick  
Or  
Cereal w/Toast  
Orange Slices  
Orange Juice  
Choice of Milk

Cheese Omelet  
Bacon Slices & Toast  
Or  
Un crustables  
Diced Peaches  
Orange Juice  
Choice of Milk

French Toast  
Or  
Yogurt Parfait  
Mixed Berries  
Orange Juice  
Choice of Milk

Breakfast Pizza  
Or  
Donut Hole's  
Fresh Fruit  
Orange Juice  
Choice of Milk

Yogurt Parfait  
Or  
Cereal  
Animal Crackers  
Apple Slices  
Orange Juice  
Choice of Milk

Breakfast Sliders  
Or  
Chocolate Chip Breakfast Bar  
Diced Peaches  
Orange Juice  
Choice of Milk

Chocolate Muffin  
Or  
Apple Frudel  
Cottage Cheese  
Pineapple  
Orange Juice  
Choice of Milk

Breakfast Sandwich  
Or  
Cereal w/Toast  
Orange Juice  
Choice of Milk

Breakfast Burrito  
Or  
Pop Tart  
Banana  
Orange Juice  
Choice of Milk

This institution is an equal opportunity provider

