

Staunton City Schools BREAKFAST & LUNCH SHELBURNE MIDDLE SCHOOL

A complete elementary school meal includes:

- 1protein & WG grain entrée
- 1/2c fruit
- 3/4c vegetable
- 8 fluid oz milk

***Students may select less food, but must be served at least 1/2c fruit or vegetable with lunch*



WE WANT YOUR FEEDBACK!

Tell us how your child likes our menus. We make monthly adjustments to try new recipes & items & to include student requests. Email: awarren@staunton.k12.va.us With comments, suggestions or questions.

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BREAKFAST

1	2	3	4	5
Mini Waffles Assorted Breakfast Items Fresh fruit Assorted 100% Juice Drinks Milk	Cinna-mini rolls Assorted Breakfast Items Fresh fruit Assorted 100% Juice Drinks Milk	Breakfast Biscuit <i>(Chicken or Sausage)</i> Assorted Breakfast Items Fresh fruit Assorted 100% Juice Drinks Milk	Breakfast Pizza Assorted Breakfast Items Fresh fruit Assorted 100% Juice Drinks Milk	
8	9			
Pancakes Assorted Breakfast Items Fresh fruit Assorted 100% Juice Drinks Milk	Sausage ' gravy W/ Biscuit Assorted Breakfast Items Fresh fruit Assorted 100% Juice Drinks Milk			

LUNCH

1	2	3	4	5
Select 1entrée: ❖ Chicken Chunks ❖ Steak Burger Select up to 2 veggies & 1 fruit ❖ Corn ❖ Pintos Fresh or chilled fruit selection Assorted milks	Select 1entree: ❖ Cheesy Flatbread ❖ Chili Cheese Dog *both with a roll Select up to 2 veggies & 1 fruit ❖ Sweet Potatoes ❖ Green beans Fresh or chilled fruit selection Assorted milks	Select 1entree: ❖ Cheesy Chicken Pasta ❖ Tuna Salad Croissant Select up to 2 veggies & 1 fruit ❖ Cooked Spinach ❖ Carrot Dippers Fresh or chilled fruit selection Assorted milks	Select 1 entrée: ❖ Teriyaki Beef Dunkers ❖ BBQ Chicken Sandwich Select up to 2 veggies& 1 fruit ❖ Oriental Veggie Mix Fresh or chilled fruit selection Assorted milks	Select 1 entrée: ❖ Pizza variety Select up to 2 veggies& 1 fruit ❖ Potato Variety Fresh or chilled fruit selection Assorted milks
8	9			
Select 1 entrée : ❖ Pizza Pasta Bake ❖ Sloppy Joe Select up to 2 veggies & 1 fruit ❖ Sweet Corn ❖ Beets Fresh or chilled fruit Assorted milks	PACK OUT BAGGED LUNCH ❖ PB & Jelly ❖ Goldfish Crackers ❖ Carrot Dippers ❖ Amazing Raisins Assorted milks			