

Shenandoah Elementary School

Snack · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Egg Box 270 cal

Chocolate No Nut Butter Cup 324 cal

Cheddar Goldfish Crackers 100 cal

Assorted Milk 110 cal

Vanilla Yogurt Cup 90 cal

Strawberry Yogurt Cup 90 cal

Cracker, Sweet Educationa 130 cal

Chocolate No Nut Butter Cup 324 cal

Snack Mix, Cheddar Chex 110 cal

Apple Juice 90 cal

Assorted Milk 110 cal

Mozzarella Cheese Stick 80 cal

Bear Grahams 122 cal

Assorted Milk 110 cal

Chocolate No Nut Butter Cup 324 cal

Savory Cracker, WG 180 cal

Orange Juice 60 cal

Assorted Milk 110 cal

No menu published

Vanilla Yogurt Cup 90 cal

Bear Grahams 120 cal

Chocolate No Nut Butter Cup 320 cal

Savory Cracker, WG 180 cal

Scooby Doo Grahams 132 cal

Assorted Milk 110 cal

Cheddar Cubes 90 cal

Goldfish Pretzels 90 cal

Cheddar Goldfish Crackers 100 cal

Assorted Milk 110 cal

Vanilla Yogurt Cup 90 cal

Cheddar Goldfish Crackers 100 cal

Snack Mix, Cheddar Chex 110 cal

Assorted Milk 110 cal

Cheddar Cubes 90 cal

Cracker, Sweet Educationa 130 cal

Chocolate No Nut Butter Cup 320 cal

Savory Cracker, WG 180 cal

Cheez IT Crackers 100 cal

Assorted Milk 110 cal

Mozzarella Cheese Stick 80 cal

Snack Mix, Cheddar Chex 110 cal

Bear Grahams 120 cal

Assorted Milk 110 cal

Cheddar Cubes 90 cal

Goldfish Pretzels 90 cal

Chocolate No Nut Butter Cup 320 cal

Savory Cracker, WG 180 cal