

# JANUARY 2019

## Shenandoah High School Main Line Lunch

Fat-Free and Low-Fat Milk Served  
Daily with Lunch!

2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Happy New Year! No School Today! <b>1</b>	No School Today! <b>2</b>	No School Today! <b>3</b>	No School Today! <b>4</b>
Stuffed Crust Pizza -Sausage or Pepperoni Green Beans Mixed Greens/Dressing Apples Strawberry Applesauce Milk <b>7</b>	Salisbury Steak Mashed Potatoes/Gravy Dinner Roll/Butter Buttery Corn Raw Broccoli/Carrots/Dip Mixed Fruit Salad Milk <b>8</b>	Pasta Bar Garlic Bread Parmesan Broccoli Mixed Greens/Dressing Clementines Fruit Cocktail Milk <b>9</b>	Homemade Chicken Noodle Soup WG Crackers WG Biscuit Carrots/Red Peppers Dip Bananas or Orange Slices Milk <b>10</b>	Super Nachos Spanish Rice Black Bean Salsa Lettuce, Sour Cream, Jalapenos Guacamole Chilled Peaches Milk <b>11</b>
Orange Chicken Brown Rice Pilaf Chinese Vegetables Cream Cheese Wonton Carrots/Cucumbers Oranges/Mandarins Milk <b>14</b>	Country Fried Steak Mashed Potatoes/Gravy Cauliflower/Cheese Dinner Roll/Butter Tossed Salad/Dressing Mixed Fruit Milk <b>15</b>	Crispy Chicken Sandwich Sweet Potato French Fries Red Peppers/Carrots/Dip Mixed Greens/Dressing Chilled Fruit Milk <b>16</b>	Chili w/ WG Crackers Cinnamon Rolls Raw Broccoli /Carrots/Ranch Bananas Mixed Fruit Salad Milk <b>17</b>	Homemade Pizza Day! Mozzarella Cheese Stick Mixed Salad/Dressing Apples/Applesauce Milk <b>18</b>
Meatball Subs Baked Beans Roasted Vegetables Mixed Greens/Dressing Fresh Fruit Milk <b>21</b>	Belgium Waffles/Syrup Fruit Topping Sausage Links HomeFries Orange Juice/Oranges Carrots/Peppers Milk <b>22</b>	Baked Chicken Alfredo Garlic Bread Broccoli/Red Peppers Mixed Greens/Dressing Whole Fruit Cinnamon Apples Milk <b>23</b>	Grilled Chicken Sandwich w/ Spicy Mayo Baked Chips Raw Veggies/Hummus Juice Cup/Bananas Milk <b>24</b>	Walking Tacos Refried Beans Mexi Corn Lettuce, sour cream, salsa Fresh Fruit Salad Milk <b>25</b>
Pulled Pork Sandwich BBQ Sauce/3 Pickles Steamed Carrots French Fries Mixed Greens/Dressing Chilled Fruit Milk <b>28</b>	Meatloaf Macaroni/Cheese Dinner Roll/Butter Broccoli/Cheese Tossed Salad/Dressing Fresh Fruit Milk <b>29</b>	WG Chicken Nuggets Baked Potato/Butter Bread Slice Buttery Corn Red Peppers/Raw Broccoli Dip Clementines Milk <b>30</b>	Cook's Choice Day Green Beans Mixed Greens/Dressing Fresh Fruit/Bananas Milk <b>31</b>	

Lunch is \$2.85 for students and \$3.75 for Adults  
We serve a wide variety daily!