



Menu is Subject to Change

FEBRUARY 2022

Shenandoah JK-8 Lunch Menu

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

Monday

Adult Lunch \$3.95
Extra Milk \$0.40

Tuesday

Wednesday

Thursday

Friday

Grilled Chicken Sandwich **1**
Or
Hamburger
Tri Tator
Baby Carrots
Apple Slices
Jello
Choice of Milk

Macaroni & Cheese **2**
Or
Ham Sandwich
Steamed Peas
Lettuce Salad w/Cherry Tomatoes
Mandarin Oranges, Applesauce
Goldfish Crackers
Choice of Milk

Beef Taco **3**
Or
Chicken Fajita
Spanish Rice
Lettuce Salad, Fresh Broccoli
Banana
Choice of Milk

Pizza **4**
Or
Chicken Tenders
Green Beans
Cucumber Slices
Grapes
Animal Crackers
Choice of Milk

BBQ Rib Sandwich **7**
Or
Hotdog
Baked Beans
Fresh Broccoli
Diced Pears, Orange Wedges
Choice of Milk

Turkey & Cheese Sandwich **8**
Or
PB&J Uncrustable
Chicken Noodle Soup
Celery Sticks, Baby Carrots
Grapes
Peaches
Choice of Milk

Chicken Nuggets **9**
Or
Fish Shapes
Cheesy Potatoes
Tossed Salad w/Spinach
Cucumber Slices
Strawberries
Choice of Milk

Meatball Sub **10**
Or
Chicken Alfredo
Green Beans
Fresh Broccoli
Applesauce
Animal Crackers
Choice of Milk

Cheese Filled Bosco Sticks **11**
Or
Chicken Crisпитos
California Blend Steamed Vegetables
Lettuce Salad w/Cherry Tomatoes
Baby Carrots
Fresh Fruit
Choice of Milk

Hot Ham & Cheese Sandwich **14**
Or
Sloppy Joe on a Bun
French Fries
Bell Pepper Slices
Baby Carrots
Diced Pears
Choice of Milk

Tator Tot Casserole **15**
Or
Mini Corn Dogs
Green Beans
Tossed Salad
Peaches, Orange Wedges
Dinner Roll
Choice of Milk

Tenderloin Sandwich **16**
Or
Grilled Chicken Sandwich
Broccoli & Cheese
Baby Carrots
Pineapple, Applesauce
Choice of Milk

Turkey & Noodles **17**
Or
Meatloaf
Mashed Potatoes
Fresh Broccoli, Baby Carrots
Peaches, Grapes
Dinner Roll
Choice of Milk

French Bread Pizza **18**
Or
Hamburger
Baked Beans
Fresh Veggie Mix
Applesauce, Fresh Fruit
Choice of Milk

21
NO
SCHOOL

Taco Two's Day!!! **22**
2 Beef Tacos
Or
2 Chicken Taquitos
Refried Beans
Lettuce Salad w/Cherry Tomatoes
Orange Wedges, Peaches
Choice of Milk

Spaghetti w/Meat Sauce **23**
Or
Chicken Nuggets
Corn
Fresh Broccoli
Banana, Mixed Berries
Garlic Toast
Choice of Milk

Orange Chicken **24**
Or
Shrimp Poppers
Brown Rice Pilaf
Fresh Veggie Mix
Mandarin Oranges, Applesauce
Choice of Milk

Meatball Sub **25**
Or
Turkey, Ham & Cheese Sub
Green Beans
Cucumber Slices
Fresh Fruit
Baked Chips
Choice of Milk

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Pizza Casserole
Or
Chicken Patty Sandwich
California Blend Steamed Vegetables
Lettuce Salad
Strawberries, Diced Pears
Garlic Toast
Choice of Milk

A choice of one of the following is offered with all meals

- Fat-Free Chocolate Milk
- Fat-Free White Milk
- 1% White Milk

Water is also available to students



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