



FEBRUARY 2023

Low-Fat and Fat-Free Milk
are Offered at all Meals

Menu is Subject to Change

Shenandoah High School Main Line Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

6
Spaghetti w/Meat Sauce
Green Beans
Tossed Salad w/Spinach
Fresh Veggie Mix w/Dip
Strawberries
Fresh Apple
Garlic Toast
Choice of Milk

7
Hot Beef & Cheddar Sub
French Fries
Fresh Broccoli, Carrots & Tomatoes
Peaches
Orange Slices
Choice of Milk

1
Beef Tacos w/Toppings
Refried Beans
Bell Pepper Slices
Lettuce Salad w/Cherry Tomatoes
Pineapple
Fresh Apple
Tostitos
Choice of Milk

2
Grilled Chicken Sandwich
Broccoli & Cheese
Baby Carrots w/Dip
Lettuce & Tomato Slices
Fresh Pears
Applesauce
Choice of Milk

3
French Bread Pizza
Lettuce Salad w/Spinach
Fresh Broccoli, Carrots & Tomatoes
Banana
Pudding
Choice of Milk

13
Lasagna Roll Ups
Roasted Broccoli
Lettuce Salad w/Cherry Tomatoes
Baby Carrots
Mixed Berries
Orange Slices
Garlic Toast
Choice of Milk

14
Chicken & Cheese Burritos
Spanish Rice
Bell Pepper Slices
Lettuce Salad w/Cherry Tomatoes
Grapes
Applesauce
Choice of Milk

8
Chicken Noodle Casserole
Steamed Peas
Baby Carrots
Grapes
Diced Pears
Breadstick
Choice of Milk

9
Orange Chicken
Rice Pilaf
California Steamed Vegetables
Lettuce Salad w/Spinach
Mandarin Oranges
Banana
Fortune Cookie
Choice of Milk

10
Pizza Crunchers
Lettuce Salad w/Cherry Tomatoes
Fresh Veggie Mix
Kiwi
Applesauce
Brownie
Choice of Milk

15
BBQ Rib Sandwich
Baked Beans
Tossed Salad w/Spinach
Fresh Veggie Mix w/Dip
Peaches
Fresh Apple
Jello
Choice of Milk

16
Fried Chicken
Mashed Potatoes & Gravy
Carrots & Cucumber Slices
Orange Slices
Pears
Biscuit
Choice of Milk

17
Chicken Patty Sandwich
Green Beans
Tossed Salad w/Spinach
Baby Carrots
Fresh Fruit
Ice Cream
Choice of Milk

20
Hamburger on a Bun
French Fries
Celery w/PB
Baby Carrots
Peaches
Fresh Pear
Choice of Milk

21
Pulled Pork Sandwich
Baked Beans
Fresh Broccoli, Carrots & Cauliflower
Mandarin Oranges
Fresh Apple
Choice of Milk

22
Macaroni & Cheese
Lettuce Salad w/Cherry Tomatoes
Steamed Peas
Applesauce
Mixed Berries
Blueberry Muffin
Choice of Milk

23
NO
SCHOOL

24
NO
SCHOOL

27
Shrimp Poppers
Baked Beans
Tossed Salad w/Spinach
Baby Carrots
Pineapple
Fresh Fruit
Bread & Butter
Choice of Milk

28
Pepperoni Pizza Pocket
California Steamed Vegetables
Lettuce Salad
Grapes
Mixed Fruit
Pudding
Choice of Milk

Student Lunch \$3.85
Adult Lunch \$4.25
Extra Entrée \$1.50
Extra Milk \$0.40



This Institution is an Equal Opportunity Provider

