



Menu is Subject to Change

FEBRUARY 2023

Shenandoah JK-8 Lunch Menu

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

Monday

Tuesday

Wednesday

Thursday

Friday

Salad Bar is an Option Available for
grades 5-8

Beef Tacos
Or
Turkey Sandwich
Lettuce & Cheese
Refried Beans, Bell Pepper Slices
Pineapple, Fresh Apple
Tostitos
Choice of Milk

Grilled Chicken Sandwich
Or
Turkey Sandwich
Broccoli & Cheese
Baby Carrots
Fresh Pear
Applesauce
Choice of Milk

Cheese Stuffed Crust Pizza
Or
Turkey Sandwich
Lettuce Salad w/Spinach
Fresh Broccoli, Carrots & Tomatoes
Banana
Applesauce
Choice of Milk

Chicken Nuggets
Or
Ham Sandwich
Green Beans
Lettuce Salad w/Cherry Tomatoes
Strawberries, Fresh Apple
Animal Crackers
Choice of Milk

Hot Beef & Cheddar Sub
Or
Ham Sandwich
French Fries
Fresh Broccoli & Dip
Peaches
Orange Slices
Choice of Milk

Chicken Noodle Casserole
Or
Ham Sandwich
Steamed Peas
Baby Carrots
Grapes, Diced Pears
Breadstick
Choice of Milk

Mini Corn Dog Nuggets
Or
Ham Sandwich
Baked Beans
Fresh Carrots, Broccoli & Cauliflower
Banana
Mixed Fruit
Choice of Milk

Pizza Crunchers
Or
Ham Sandwich
California Steamed Vegetables
Lettuce Salad
Kiwi, Applesauce
Choice of Milk

Pancakes w/Sausage Links
Or
Crunchy Chicken Wrap
Fresh Veggie Mix
Mixed Berries
Orange Slices
Apple Juice
Choice of Milk

Chicken & Cheese Burrito
Or
Crunchy Chicken Wrap
Spanish Rice
Bell Pepper Slices
Lettuce Salad w/Cherry Tomatoes
Grapes, Applesauce
Choice of Milk

Fried Chicken
Or
Crunchy Chicken Wrap
Mashed Potatoes & Gravy
Broccoli & Carrots
Peaches, Fresh Apple
Biscuit
Choice of Milk

Sloppy Joe on a Bun
Or
Crunchy Chicken Wrap
Corn
Lettuce Salad w/Cherry Tomatoes
Orange Slices
Pears
Choice of Milk

Cheese Filled Bosco Sticks
Or
Crunchy Chicken Wrap
Green Beans
Tossed Salad w/Spinach
Baby Carrots
Fresh Fruit
Choice of Milk

Hamburger on a Bun
Or
Turkey Sandwich
Baked Beans
Celery & Carrots
Peaches
Fresh Pear
Choice of Milk

Orange Chicken
Or
Turkey Sandwich
Rice Pilaf
Fresh Broccoli, Carrots & Cauliflower
Mandarin Oranges
Fresh Apple
Choice of Milk

Macaroni & Cheese
Or
Turkey Sandwich
Steamed Peas
Lettuce Salad w/Cherry Tomatoes
Applesauce, Blueberries
Breadstick
Choice of Milk

NO

SCHOOL

NO

SCHOOL

Shrimp Poppers
Or
Ham Sandwich
Baked Beans
Tossed Salad w/Spinach
Baby Carrots
Pineapple, Fresh Apple
Breadstick
Choice of Milk

Spaghetti w/Meat Sauce
Or
Ham Sandwich
California Steamed Vegetables
Lettuce Salad
Grapes, Mixed Fruit
Garlic Toast
Choice of Milk

JK-4 Lunch \$2.45
5-8 Lunch \$2.65
Adult Lunch \$4.25
Extra Entrée \$1.50



This Institution is an Equal Opportunity Provider

