

Menu is Subject to Change

Shenandoah High School Main Line Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO SCHOOL 3</p>	<p>Hot Italian Sub 4 French Fries Cucumber Slices Lettuce Salad w/Spinach Strawberries Mixed Fruit Choice of Milk</p>	<p>Macaroni & Cheese 5 Steamed Peas Baby Carrots Apple Diced Pears Blueberry Muffin Choice of Milk</p>	<p>Orange Chicken 6 Brown Rice California Blend Steamed Vegetables Lettuce Salad Mandarin Oranges, Banana Fortune Cookie Choice of Milk</p>	<p>Beef Taco w/Toppings 7 Refried Beans Spanish Rice Broccoli & Bell Pepper Strips Fresh Fruit, Peaches Tostitos Choice of Milk</p>
<p>Hamburger on a Bun 10 Corn Lettuce & Tomato Slices Broccoli & Cauliflower Applesauce Grapes Choice of Milk</p>	<p>Chili 11 Baby Carrots & Celery Orange Wedges Baked Apple Slices Cinnamon Roll Crackers Choice of Milk</p>	<p>Chicken Alfredo 12 California Blend Steamed Vegetables Lettuce Salad Peaches Banana Garlic Toast Choice of Milk</p>	<p>Potato Bar w/Toppings 13 Lettuce Salad Cucumber Slices & Baby Carrots Strawberries Clementine Bread Stick Choice of Milk</p>	<p>Pizza 14 Green Beans Tossed Salad w/Spinach Fresh Berries Diced Pears Pudding Choice of Milk</p>
<p>NO SCHOOL 17</p>	<p>Lasagna 18 Green Beans Lettuce Salad Cherry Tomatoes & Baby Carrots Peaches, Fresh Apple Garlic Toast Choice of Milk</p>	<p>Chicken Fajita 19 Fiesta Black Beans Tossed Salad w/Spinach Bell Pepper Slices Strawberries, Fresh Orange Tostitos Choice of Milk</p>	<p>Beef & Noodles 20 Mashed Potatoes Cucumber Slices, Fresh Broccoli Mandarin Oranges Banana Dinner Roll Choice of Milk</p>	<p>Shrimp Poppers 21 Baked Beans Celery & Peanut Butter Diced Pears Fresh Fruit Corn Bread Muffin Choice of Milk</p>
<p>Cheese Filled Bosco Sticks 24 Lettuce Salad Broccoli, Carrots & Dip Blueberries Grapes Pudding Choice of Milk</p>	<p>Chicken Nuggets 25 Mashed Potatoes & Gravy Tossed Salad w/Spinach Cucumber Slices Apple Slices, Mixed Fruit Biscuit Choice of Milk</p>	<p>Walking Taco 26 Refried Beans Bell Pepper Slices Baby Carrots Banana, Diced Pears Cookie Choice of Milk</p>	<p>Chicken Parmesan 27 Green beans Lettuce Salad w/Cherry Tomatoes Applesauce Pineapple Dinner Roll Choice of Milk</p>	<p>Sloppy Joe 28 French Fries Fresh Veggie Mix & Dip Mandarin Oranges Sidekick Slushie Jello Choice of Milk</p>
<p>Turkey Sandwich 31 Chicken Noodle Soup Lettuce Salad Celery Sticks Peaches, Fresh Orange Crackers Choice of Milk</p>	<p> Adult Lunch \$3.95 Extra Milk \$0.40 Extra Student Meal \$2.85 </p>			
<p>A choice of one of the following is offered with all meals</p> <ul style="list-style-type: none"> • Fat Free Chocolate Milk • Fat Free White Milk • 1% White Milk <p>Water is also available to students</p>				

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