



Menu is Subject to Change

JANUARY 2022

Shenandoah JK-8 Lunch Menu

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

Monday

NO
SCHOOL

3

Tuesday

Grilled Chicken Sandwich
Or
Hamburger on a Bun
Tri Tator
Baby Carrots & Dip
Apple Slices
Jello
Choice of Milk

4

Wednesday

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

5

Thursday

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

6

Friday

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

7

BBQ Rib Sandwich
Or
Hotdog on a Bun
Baked Beans
Fresh Broccoli
Diced Pears
Orange Wedges
Choice of Milk

10

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

11

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

12

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

13

Cheese Filled Bosco Sticks
Or
Chicken Crispos
California Steamed Vegetables
Lettuce Salad w/Cherry Tomatoes
Baby Carrots
Animal Crackers
Choice of Milk

14

NO
SCHOOL

17

Tator Tot Casserole
Or
Mini Corndogs
Green Beans
Tossed Salad w/Spinach
Diced Pears, Orange Wedges
Dinner Roll
Choice of Milk

18

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

19

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

20

French Bread Pizza
Or
Hamburger on a Bun
Baked Beans
Fresh Veggie Mix & Dip
Applesauce
Fresh Fruit
Choice of Milk

21

Hot Ham & Cheese Sandwich
Or
Sloppy Joe
French Fries
Bell Pepper Strips & Baby Carrots
Diced Pears
Choice of Milk

24

Walking Taco
Or
Cheesy Chicken Burrito
Refried Beans
Lettuce Salad w/Cherry Tomatoes
Orange Wedges
Peaches
Choice of Milk

25

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

26

Orange Chicken
Or
Shrimp Poppers
Rice Pilaf
Fresh Veggie Mix & Dip
Mandarin Oranges, Applesauce
Choice of Milk

27

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

28

Pizza Casserole w/Garlic Toast
Or
Chicken Patty Sandwich
Green Beans
Lettuce Salad
Strawberries
Diced Pears
Choice of Milk

31

Adult Meal \$3.95
Extra Milk \$0.40

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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MySchoolBucks.com