



Menu is Subject to Change

MARCH 2023

Shenandoah JK-8 Lunch Menu

A Choice of Low-Fat or Fat-Free Milk is Offered with all Meals

Monday

JK-4 Lunch \$2.45
5-8 Lunch \$2.65
Adult Lunch \$4.25
Extra Milk \$0.40



Tuesday

Wednesday

Thursday

Friday

Hamburger on a Bun
Or
Turkey Sandwich
Baked Beans
Celery & Baby Carrots
Peaches
Fresh Pear
Choice of Milk **6**

Orange Chicken
Or
Turkey Sandwich
Rice Pilaf
Broccoli, Carrots, Cauliflower & Dip
Mandarin Oranges
Fresh Apple
Choice of Milk **7**

Beef Tacos
Or
Turkey Sandwich
Shredded Lettuce & Cheese
Refried Beans
Bell Pepper Slices
Pineapple, Fresh Apple
Tostitos
Choice of Milk **8**

Grilled Chicken Sandwich
Or
Turkey Sandwich
Broccoli & Cheese
Baby Carrots
Peaches
Applesauce
Choice of Milk **9**

Macaroni & Cheese
Or
Turkey Sandwich
Steamed Peas
Tossed Salad w/Cherry Tomatoes
Banana
Goldfish Crackers
Choice of Milk **10**

NO

SCHOOL **13**

NO

SCHOOL **14**

NO

SCHOOL **15**

NO

SCHOOL **16**

NO

SCHOOL **17**

Chicken Nuggets
Or
Ham Sandwich
Green Beans
Lettuce Salad w/Cherry Tomatoes
Strawberries, Fresh Apple
Animal Crackers
Choice of Milk **20**

Hot Beef & Cheddar Sub
Or
Ham Sandwich
French Fries
Fresh Broccoli
Peaches
Orange Slices
Choice of Milk **21**

Chicken Noodle Casserole w/Breadstick
Or
Ham Sandwich
Steamed Peas
Baby Carrots
Grapes
Pears
Choice of Milk **22**

Mini Corn Dog Nuggets
Or
Ham Sandwich
Baked Beans
Fresh Veggie Mix
Banana
Mixed Fruit
Choice of Milk **23**

Stuffed Crust Cheese Pizza
Or
Ham Sandwich
California Steamed Vegetables
Lettuce Salad
Kiwi
Applesauce
Choice of Milk **24**

Shrimp Poppers
Or
Crunchy Chicken Wrap
Baked Beans
Tossed Salad w/Spinach
Baby Carrots
Pineapple, Orange Slices
Choice of Milk **27**

Spaghetti w/Meat Sauce & Garlic Toast
Or
Crunchy Chicken Wrap
California Steamed Vegetables
Lettuce Salad
Grapes
Mixed Fruit
Choice of Milk **28**

Fried Chicken w/Biscuit
Or
Crunchy Chicken Wrap
Mashed Potatoes & Gravy
Fresh Broccoli & Carrots
Peaches
Mixed Berries
Choice of Milk **29**

Sloppy Joe Sandwich
Or
Crunchy Chicken Wrap
Corn
Lettuce Salad w/Cherry Tomatoes
Fresh Apple
Pears
Choice of Milk **30**

French Bread Cheese Pizza
Or
Crunchy Chicken Wrap
Green Beans
Lettuce Salad
Fresh Veggie Mix
Fresh Fruit, Applesauce
Choice of Milk **31**

This Institution is an Equal Opportunity Provider

