



Menu is Subject to Change

MARCH 2020

Shenandoah JK8 Lunch Menu

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

Monday

Beef Taco **2**
Or
Chicken Quesadilla
Refried Beans
Fresh Broccoli & Dip
Orange Wedges, Mixed Fruit
Doritos

Chicken Patty Sandwich **9**
Or
Cheeseburger on a Bun
Baked Beans
Cucumber Slices
Grapes
Mandarin Oranges

16
NO
SCHOOL

Hot Dog on a Bun **23**
Or
Turkey & Cheese Sandwich
Baked Beans
Fresh Veggie Mix & Dip
Diced Pears

Chicken Fajita **30**
Or
Meatball Sub
Corn
Baby Carrots, Bell Pepper Slices
Kiwi
Peaches

Tuesday

Turkey & Noodles **3**
Or
Popcorn Chicken
Mashed Potatoes
Baby Carrots & Dip
Strawberries, Peaches
Bread & Butter

Beef Stroganoff **10**
Or
Three Cheese Lasagna
Corn
Lettuce Salad w/Cherry Tomatoes
Fresh Broccoli
Apple Slices, Diced Pears
Bread & Butter

17
NO
SCHOOL

BBQ Rib Sandwich **24**
Or
Mini Corn Dog Nuggets
Green Beans
Lettuce Salad w/Spinach
Blueberries, Apple Slices
Choc. Chip Cookie

Pulled Pork Sandwich **31**
Or
Chicken Tenders
Baked Beans
Tossed Salad w/Spinach
Orange Wedges
Applesauce

Wednesday

Hamburger on a Bun **4**
Or
Savory Grilled Chicken Sandwich
French Fries
Cucumber Slices
Applesauce
Fresh Fruit

Cheesy Chicken Burrito **11**
Or
Cheese Stuffed Crust Pizza
Lettuce Salad
Fresh Carrots & Dip
Pineapple Chunks
Fresh Fruit

18
NO
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Walking Taco **25**
Or
Cheesy Chicken Burrito
Refried Beans
Tossed Salad
Cucumber Slices
Mandarin Oranges, Grapes

Thursday

Cheesy Ham & Potato Bake **5**
Or
Mini Corn Dog Nuggets
Green Beans
Lettuce Salad
Kiwi, Diced Pears
Fruit Roll Up

Spaghetti w/Meat Sauce **12**
Or
Chicken Nuggets
Steamed California Vegetables
Tossed Salad
Strawberries, Peaches
Garlic Toast

19
NO
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Tenderloin on a Bun **26**
Or
Savory Grilled Chicken Sandwich
Broccoli & Cheese
Baby Carrots & Dip
Diced Pears

Friday

Cheesy French Bread Pizza **6**
Or
PBJ Uncrustable
Steamed Peas
Fresh Broccoli & Carrots
Mixed Melon
Apple Slices

Shrimp Poppers **13**
Or
Cheese Filled Bosco Sticks
Green Beans
Celery, Baby Carrots & Dip
Applesauce, Mixed Berries
Choc. Chip Cookie

20
NO
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Macaroni & Cheese **27**
Or
Fish Sandwich
Lettuce Salad w/Cherry Tomatoes
Steamed California Vegetables
Pineapple, Fresh Fruit
Dinner Roll

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