



Menu is Subject to Change

NOVEMBER 2022

Shenandoah JK-8 Lunch Menu

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

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Dog on a Bun
Or
Ham Sandwich
Baked Beans
Fresh Broccoli
Applesauce
Jello
Choice of Milk

1

Beef Taco
Or
Ham Sandwich
Refried Beans
Tossed Salad w/Cherry Tomatoes
Bell Pepper Slices
Orange Slices
Juicy Juice
Choice of Milk

2

BBQ Rib Sandwich
Or
Ham Sandwich
Corn
Baby Carrots
Cucumber Slices
Banana
Choice of Milk

3

Cheesy French Bread Pizza
Or
Ham Sandwich
Green Beans
Lettuce Salad w/Cherry Tomatoes
Peaches
Fresh Apple Slices
Choice of Milk

4

Hamburger on a Bun
Or
Turkey Sandwich
Baked Beans
Baby Carrots
Pineapple
Pears
Choice of Milk

7

Orange Chicken
Or
Turkey Sandwich
Rice Pilaf
Fresh Veggie Mix
Mandarin Oranges
Choice of Milk

8

Macaroni & Cheese w/Breadstick
Or
Turkey Sandwich
Steamed Peas
Lettuce Salad w/Cherry Tomatoes
Cucumber Slices
Grapes
Choice of Milk

9

Chicken Nuggets w/Dinner Roll
Or
Turkey Sandwich
Mashed Potatoes & Gravy
Broccoli & Baby Carrots
Orange Slices, Peaches
Choice of Milk

10

Cheese Stuffed Crust Pizza
Or
Turkey Sandwich
Lettuce Salad
Fresh Veggie Mix
Fresh Fruit
Go-Gurt
Choice of Milk

11

Chicken Tenders w/Breadstick
Or
Fresh Fillie Sub
Broccoli & Cheese
Baby Carrots
Mixed Fruit
Apple
Choice of Milk

14

Spaghetti w/Meat Sauce & Garlic Toast
Or
Fresh Fillie Sub
California Steamed Vegetables
Lettuce Salad
Fresh Grapes
Applesauce
Choice of Milk

15

Pizza Crunchers
Or
Fresh Fillie Sub
Green Beans
Lettuce Salad w/Cherry Tomatoes
Fresh Strawberries
Pineapple
Choice of Milk

16

Grilled Cheese Sandwich
Or
Fresh Fillie Sub
Tomato Soup
Celery & Baby Carrots
Apple Slices, Diced Pears
Goldfish Crackers
Choice of Milk

17

Mini Pancakes w/Sausage Links
Or
Fresh Fillie Sub
Fresh Veggie Mix
Orange Slices
Juicy Juice
Choice of Milk

18

Cheese Filled Bosco Sticks
Or
Ham Sandwich
Green Beans
Lettuce Salad w/Cherry Tomatoes
Pineapple
Mandarin Oranges
Choice of Milk

21

Turkey & Noodles
Or
Ham Sandwich
Mashed Potatoes
Fresh Broccoli
Apple Slices, Fresh Grapes
Dinner Roll
Choice of Milk

22

PBJ Uncrustable
Yogurt Cup
Fresh Veggie Mix
Fresh Fruit
Baked Chips
Choice of Milk

23

NO

SCHOOL

24

NO

SCHOOL

25

Shrimp Poppers w/Breadstick
Or
Turkey & Cheese Sandwich
Baked Beans
Carrots & Cucumber Slices
Mixed Berries
Applesauce
Choice of Milk

28

Chicken Patty
Or
Turkey & Cheese Sandwich
Green Beans
Lettuce Salad
Peaches
Banana
Choice of Milk

29

Hot Ham & Cheese Sandwich
Or
Turkey & Cheese Sandwich
French Fries
Baby Carrots & Celery
Blueberries, Applesauce
Choice of Milk

30

Lunch is FREE for ALL Students
Adult Lunch \$4.25
Extra Milk \$0.40
Extra Entrée \$1.50 (Adults & 4th-8th Grade)



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