



Menu is Subject to Change

# OCTOBER 2021

## Shenandoah Preschool Lunch Menu

Low-Fat Milk is Offered with all Meals

Monday

Tuesday

Wednesday

Thursday

Friday



Hamburger **4**  
Corn  
Broccoli & Dip  
Peaches  
Milk

Chicken Noodle Casserole **5**  
Steamed Peas  
Mandarin Oranges  
Cookie  
Milk

Beef Taco **6**  
Spanish Rice  
Cucumber Slices  
Applesauce  
Ice Cream  
Milk

Turkey & Noodles **7**  
Mashed Potatoes  
Lettuce Salad  
Orange Wedges  
Dinner Roll  
Milk

Cheese Pizza **1**  
Green Beans  
Pineapple  
Milk

PBJ Uncrustable **8**  
Fresh Veggie Mix & Dip  
Fresh Strawberries  
Milk

BBQ Rib Sandwich **11**  
Baked Beans  
Baby Carrots  
Mixed Fruit  
Milk

Beef Stroganoff **12**  
Corn  
Apple Slices  
Dinner Roll  
Milk

Chicken & Cheese Burrito **13**  
Green Beans  
Banana  
Milk

Mac & Cheese **14**  
California Blend Vegetables  
Celery Sticks  
Mixed Berries  
Milk

Pepperoni Bosco Sticks **15**  
Tossed Salad w/Cherry Tomatoes  
Pineapple  
Milk

**18**  
NO  
SCHOOL

**19**  
NO  
SCHOOL

Grilled Cheese **20**  
Tomato Soup  
Celery Sticks  
Banana  
Goldfish Crackers  
Milk

Tator Tot Casserole **21**  
Green Beans  
Diced Pears  
Cookie  
Milk

Stuffed Crust Pizza **22**  
Steamed Carrots  
Peached  
Jello  
Milk

Spaghetti w/Meat Sauce **25**  
Lettuce Salad w/Spinach  
Mixed Fruit  
Garlic Toast  
Milk

Fried Chicken **26**  
Mashed Potatoes & Gravy  
Fresh Broccoli  
Strawberries  
Dinner Roll  
Milk

Grilled Chicken Sandwich **27**  
Baked Beans  
Peaches  
Milk

**28**  
NO  
SCHOOL

**29**  
NO  
SCHOOL

This Institution is an Equal Opportunity Provider

