



OCTOBER 2022

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

Menu is Subject to Change

Shenandoah High School Main Line Lunch Menu

Monday

Chicken Parmesan **3**
California Steamed Vegetables
Lettuce Salad
Cherry Tomatoes
Pears
Fresh Kiwi
Garlic Toast
Choice of Milk

Beef Tacos **10**
Marinated Black Bean Salad
Spanish Rice
Lettuce & Cheese
Red & Gr. Bell Pepper Slices
Applesauce, Peaches
Tortilla Chips
Choice of Milk

Macaroni & Cheese **17**
Steamed Peas
Baby Carrots
Peaches
Fresh Apple
Blueberry Muffin
Choice of Milk

Chicken Fajita **24**
Refried Beans
Lettuce Salad
Cherry Tomatoes, Fresh Broccoli
Baby Carrots
Pears, Orange Slices
Tortilla Chips
Choice of Milk

Tenderloin Sandwich **31**
Green Beans
Fresh Veggie Mix & Dip
Strawberries
Fresh Fruit
Choice of Milk

Tuesday

Chicken Noodle Casserole **4**
Steamed Peas
Baby Carrots w/Dip
Fresh Strawberries
Fresh Apple
Bread & Butter
Choice of Milk

Pulled Pork Sandwich **11**
Baked Beans
Cucumber Slices
Mandarin Oranges
Fresh Fruit
Chocolate Pudding
Choice of Milk

Orange Chicken **18**
Rice Pilaf
California Steamed Vegetables
Tossed Salad w/Spinach
Cherry Tomatoes
Mixed Berries, Fresh Fruit
Fortune Cookie
Choice of Milk

Chili **25**
Fresh Veggie Mix w/Dip
Fruit Cocktail
Fresh Grapes
Cinnamon Roll
Crackers
Choice of Milk

Wednesday

Meatball Sub **5**
Green Beans
Cucumber Slices w/Dip
Peaches
Banana
Ice Cream
Choice of Milk

Spaghetti w/Meat Sauce **12**
Lettuce Salad
Cherry Tomatoes
Baby Carrots
Diced Pears
Orange Slices
Chocolate Pudding
Choice of Milk

Shrimp Poppers **19**
Baked Beans
Fresh Veggie Mix w/Dip
Fresh Strawberries & Blueberries
Fresh Fruit
Cornbread
Choice of Milk

Hamburger on a Bun **26**
Corn
Lettuce & Tomato Slices
Baby Carrots & Cucumber Slices
Watermelon
Banana
Chocolate Chip Cookie
Choice of Milk

Thursday

Turkey Noodles **6**
Mashed Potatoes
Fresh Broccoli & Carrots
Orange Slices
Mixed Fruit
Dinner Roll
Choice of Milk

Fried Chicken **13**
Mashed Potatoes & Gravy
Fresh Broccoli & Carrots w/Dip
Strawberries
Banana
Biscuit
Choice of Milk

Chicken Nuggets **20**
Mashed Potatoes & Gravy
Celery
Fresh Kiwi
Peaches
Biscuit
Choice of Milk

27
NO
SCHOOL

Friday

Choice of Chicken or Bean Burrito **7**
Corn
Tossed Salad w/Spinach
Fresh Veggie Mix w/Dip
Grapes
Fresh Fruit
Choice of Milk

Stuffed Crust Pizza **14**
Tossed Salad w/Spinach
Cherry Tomatoes
Fresh Veggie Mix w/Dip
Fruit Cocktail
Banana
Choice of Milk

Chicken Alfredo **21**
Steamed Broccoli
Lettuce Salad
Cucumber Slices
Baby Carrots
Fresh Fruit, Applesauce
Garlic Toast
Choice of Milk

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NO
SCHOOL

Lunch is FREE for ALL students

Extra Milk \$0.40

Adult Meal \$4.25

Extra Main Entrée \$1.50



This Institution is an Equal Opportunity Provider

