



Menu is Subject to Change

OCTOBER 2022

Shenandoah Preschool Lunch Menu

Low-Fat White Milk is Offered
with all Meals

Monday

Hamburger on a Bun
Baked Beans
Peaches
Milk

3

Tuesday

Chicken Alfredo
California Steamed Vegetables
Apple Slices
Garlic Toast
Milk

4

Wednesday

Mini Pancakes
Sausage Links
Green Beans
Apple Juice
Milk

5

Thursday

Turkey & Noodles
Mashed Potatoes
Fresh Broccoli
Applesauce
Dinner Roll
Milk

6

Friday

Cheese Stuffed Crust Pizza
Fresh Veggie Mix w/Dip
Fresh Fruit
Milk

7

Grilled Chicken Sandwich
French Fries
Cooked Carrots
Pears
Milk

10

Chicken Noodle Casserole
Steamed Peas
Pineapple
Breadstick
Milk

11

Ham Sandwich
Baked Beans
Cucumber Slices
Mixed Fruit
Milk

12

Spaghetti w/Meat Sauce
California Steamed Vegetables
Mandarin Oranges
Breadstick
Milk

13

Pizza Crunchers
Green Beans
Pears
Milk

14

Cheese Filled Bosco Sticks
Cooked Carrots
Peaches
Milk

17

Grilled Cheese Sandwich
Green Beans
Mandarin Oranges
Milk

18

Chicken Nuggets
Mashed Potatoes & Gravy
Fresh Broccoli
Applesauce
Dinner Roll
Milk

19

Beef Stroganoff
Corn
Banana
Animal Crackers
Milk

20

Walking Taco
Refried Beans
Lettuce Salad
Fresh Fruit
Orange Sorbet
Milk

21

Macaroni & Cheese
Steamed Peas
Mixed Berries
Breadstick
Milk

24

Chili
Cooked Carrots
Mixed Fruit
Cinnamon Roll
Milk

25

Chicken Patty Sandwich
Broccoli & Cheese
Banana
Milk

26

NO

SCHOOL

27

NO

SCHOOL

28

Meatball Sub
French Fries
Fresh Veggie Mix
Peaches
Milk

31

Lunch is FREE for ALL students



This Institution is an Equal Opportunity Provider

