



Menu Subject to Change

OCTOBER 2019

Shenandoah Preschool Lunch Menu

Fat-Free Milk is Offered
with All Meals

Monday

Tuesday

Wednesday

Thursday

Friday

Spaghetti w/Meat Sauce
Lettuce Salad
Cherry Tomatoes
Garlic Bread Twist

1

Hamburger on a Bun
French Fries
Cooked Carrots
Diced Peaches

2

BBQ Rib Sandwich
Baked Beans
Fresh Broccoli & Dip
Strawberries

3

Nachos w/Beef
Green Beans
Orange Wedges
Bomb Pop

4

Breaded Chicken Patty Sandwich
Corn
Lettuce Salad
Diced Peaches

7

Cheese Stuffed Crust Pizza
Carrot, Broccoli, & Ranch
Pineapple Chunks
Go-Gurt

8

Hot Ham & Cheese Sandwich
French Fries
Steamed Peas
Mixed Fruit

9

Chicken Nuggets
Green Beans
Diced Pears
Fruit Roll Up

10

Cheese Filled Bosco Stick
California Vegetable Blend
Banana
Choc. Chip Cookie

11

Grilled Chicken Sandwich
Baked Beans
Fresh Veggie's & Dip
Baked Cinnamon Apples

14

Chicken Nuggets
Mashed Potatoes & Gravy
Orange Wedges
Dinner Roll

15

Hamburger on a Bun
Green Beans
Blueberries
Cookie

16

Italian Pasta Bake
Corn
Pears
Garlic Bread Twist

17

Chicken Bacon Ranch Wrap
Cucumber Slices
Watermelon
Orange Sorbet

18

Mac & Cheese
Steamed Peas
Pineapple
Bread & Butter

21

Beef Taco
Traditional Refried Beans
Spanish Rice
Applesauce

22

Turkey & Cheese Sandwich
French Fries
Fresh Veggie Mix & Dip
Banana

23

Biscuits & Gravy
Green Beans
Orange Slices
String Cheese
Apple Juice

24

Stuffed Crust Pizza
Lettuce Salad
Mixed Melon
Yogurt

25

Meatball Sub
Green Beans
Sliced Apples

28

Chicken Tenders
Mashed Potatoes
Steamed Carrots
Fresh Broccoli & Dip
Pears
Dinner Roll

29

Chili
Baby Carrots
Steamed Carrots
Cinnamon Roll

30

Chicken Alfredo
Steamed Peas & Carrots
Applesauce
Garlic Bread

31

This institution is an equal opportunity provider

