



Menu is Subject to Change

SEPTEMBER 2021

Shenandoah High School Main Line Lunch Menu

Low-Fat and Fat-Free Milk
Are Offered with All Meals

Monday

Milk \$0.40
Adult Lunch \$3.90

NO
SCHOOL

Macaroni & Cheese
Steamed Peas
Lettuce Salad
Strawberries
Fresh Fruit
Bread & Butter
Choice of Milk

Chicken Fajita
Marinated Black Bean Salad
Roasted Parm. Broccoli
Peaches
Fresh Fruit
Choice of Milk

Chicken Patty Sandwich
French Fries
Baby Carrots
Strawberries
Banana
Choice of Milk

Tuesday

Stuffed Crust Pizza
Corn
Lettuce Salad w/Cherry Tomatoes
Orange Wedges
Mixed Fruit
Bomb Pop
Choice of Milk

Chicken Taco
Or
Beef Taco
Refried Beans, Lettuce Salad
Fresh Apple, Mandarin Oranges
Cookie
Choice of Milk

Grilled Cheese
Tomato Basil Soup
Tossed Salad
Fresh Veggies & Dip
Apple Slices
Crackers
Choice of Milk

Italian Pasta Bake
Tossed Salad w/Cherry Tomatoes
Fresh Veggies & Dip
Diced Pears
Fresh Fruit
Garlic Bread
Choice of Milk

Wednesday

Cheeseburger on a Bun
Green Beans
Lettuce & Tomato Slices
French Fries
Applesauce
Fresh Fruit
Choice of Milk

Meatball Sub
Green Beans
Tossed Salad
Diced Pears
Fresh Fruit
Choice of Milk

BBQ Rib Sandwich
Corn
Baby Carrots, Broccoli
Banana
Orange Slices
Choice of Milk

BBQ Chicken Sandwich
Italian Vegetables
Steamed Peas
Grapes
Fresh Fruit
Graham Cracker
Choice of Milk

Turkey Panini
Steamed Cauliflower
Tossed Salad
Mandarin Oranges
Fresh Fruit
Choice of Milk

Thursday

Pulled Pork Sandwich
Steamed Peas & Carrots
Fresh Veggies & Dip
Peaches
Fresh Fruit
Cookie
Choice of Milk

Chicken Nuggets
Mashed Potatoes & Gravy
Fresh Veggie Mix & Dip
Peaches
Fresh Fruit
Dinner Roll
Choice of Milk

Orange Chicken
Rice Pilaf
California Blend Vegetables
Lettuce Salad
Fresh Fruit
Choice of Milk

Turkey & Noodles
Mashed Potatoes
Baby Carrots
Baked Cinnamon Apple Slices
Fresh Fruit
Dinner Roll
Choice of Milk

Chicken Tenders
Seasoned Baby Red Potatoes
Corn
Fresh Veggie Mix
Fresh Fruit
Dinner Roll
Choice of Milk

Friday

Walking Taco
Marinated Black Bean Salad
Lettuce Salad
Fresh Fruit
Choice of Milk

French Bread Pizza
Tossed Salad w/Spinach
Bell Pepper Strips
Cucumber Slices
Fresh Fruit Salad
Choice of Milk

Crispitos
Green Beans
Tossed Salad w/Spinach
Bell Pepper Strips
Fresh Broccoli
Diced Pears, Fresh Fruit
Choice of Milk

Hot Dog on Bun
Baked Beans
Broccoli Salad
Peaches
Fresh Fruit
Cookie
Choice of Milk

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MySchoolBucks.com

