



Menu is Subject to Change

# SEPTEMBER 2021

## Shenandoah JK-8 Lunch Menu

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Milk \$0.40  
Adult Lunch \$3.90

NO  
SCHOOL

6

Hot Ham & Cheese Sandwich  
Or  
Chicken Patty Sandwich  
French Fries  
Lettuce Salad w/Cherry Tomatoes  
Grapes, Mixed Fruit  
Choice of Milk

7

Savory Grilled Chicken Sandwich  
Or  
Hot Dog on a Bun  
Green Beans  
Baby Carrots, Lettuce & Tomato Slices  
Mixed Melon, Diced Pears  
Fruit Roll Up  
Choice of Milk

8

Crispito w/Cheese Sauce  
Or  
Nacho's w/Beef  
Corn  
Fresh Veggie Mix & Dip  
Fresh Fruit  
Choice of Milk

9

Chicken Fajita  
Or  
Beef Taco  
Spanish Rice  
Refried Beans, Fresh Veggies  
Strawberries, Mandarin Oranges  
Choice of Milk

10

Chicken Nuggets  
Or  
Ham Sandwich  
Baked Beans  
Fresh Veggie Mix & Dip  
Peaches  
Choice of Milk

13

BBQ Rib Sandwich  
Or  
Hamburger on a Bun  
Green Beans  
Tossed Salad w/Spinach  
Blueberries, Apple Slices  
Cookie  
Choice of Milk

14

Italian Pasta Bake  
Or  
Mini Corn Dogs  
Lettuce Salad  
Baby Carrots  
Grapes, Diced Pears  
Garlic Bread  
Choice of Milk

15

Chicken Bacon Wrap  
Or  
Cheese Filled Bosco Sticks  
California Blend Vegetables  
Cucumber Slices  
Watermelon, Orange Wedges  
Orange Sorbet  
Choice of Milk

16

PBJ Uncrustable  
Baby Carrots & Dip  
Banana  
Fruit Roll Up  
Choice of Milk

17

(Homecoming Sack Lunch)

Pulled Pork Sandwich  
Or  
Grilled Chicken Sandwich  
French Fries  
Fresh Broccoli & Carrots  
Mixed Melon, Peaches  
Choice of Milk

20

Orange Chicken  
Or  
Shrimp Poppers  
Rice Pilaf  
California Blend Vegetables  
Lettuce Salad  
Apple Slices, Orange Wedges  
Choice of Milk

21

Walking Taco  
Or  
Fiesta Pizza  
Lettuce Salad w/Spinach  
Fresh Veggie Mix  
Mandarin Oranges, Diced Pears  
Cookie  
Choice of Milk

22

Macaroni & Cheese  
Or  
Chicken Nuggets  
Steamed Peas  
Lettuce Salad  
Pineapple Chunks, Mixed Fruit  
Dinner Roll  
Choice of Milk

23

Meatball Sub  
Or  
BBQ Rib Sandwich  
Green Beans  
Tossed Salad  
Apple Slices, Mixed Fruit  
Choice of Milk

24

Nacho's w/Beef  
Or  
Chicken Fajita  
Spanish Rice  
Refried Beans  
Fresh Veggie Mix & Dip  
Strawberries, Diced Pears  
Choice of Milk

27

Chicken Nuggets  
Or  
Meatloaf  
Mashed Potatoes & Gravy  
Fresh Broccoli  
Peaches, Orange Wedges  
Dinner Roll  
Choice of Milk

28

Sloppy Joe  
Or  
Macaroni & Cheese  
Steamed Peas  
Fresh Veggies & Dip  
Blueberries, Peaches  
Chocolate Pudding  
Choice of Milk

29

Spaghetti w/Meat Sauce  
Or  
Chicken Tenders  
Lettuce Salad w/Cherry Tomatoes  
Carrots & Cucumber Slices  
Watermelon, Juicy Juice  
Garlic Toast  
Choice of Milk

30



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