



Menu is Subject to Change

# JANUARY 2025

## Shenandoah Salad Bar

Low-Fat and Fat-Free Milk is Offered with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
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<b>Student Lunch-</b> 5-8 \$2.65 9-12 \$2.85 <b>Adult Lunch \$4.85</b> <b>Extra Entrée \$1.50</b> <b>Extra Milk \$0.40</b>	1	2	3
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6	7	8	9	10
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**Salad bar** = Romaine, Spinach, Broccoli, Carrots, Tomatoes, Cucumber, Garbanzo beans, Bell Pepper strips, Peas, Egg, Shredded Cheese, Croutons, Breadstick, Apple, Applesauce or Orange and Milk.  
 (Tues and Thurs = Pitas and Hummus added to bar)  
 (Mon, Wed and Fri = Savory Chicken Chunks added as a choice)  
*Choice of-* Ham, Turkey or Cottage Cheese

				17
				24
27	28	29	30	31

This Institute is an Equal Opportunity Provider

