

OCTOBER 2024

Shenandoah On-the-Go Lunch

Monday Tuesday Wednesday **Thursday** Friday Choice of French Bread Pizza Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza. Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub, Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub, Large Uncrustable Calzone, or Large Uncrustable Large Uncrustable or Large Uncrustable Corn, Strawberries, Peaches Broccoli w/ Cheese, Celery Sticks, Mixed Fruit, Green Beans, Applesauce, Veggie bar (pre-portioned) Pineapple Chunks Applesauce, Grapes **Apples** Choice of Milk Veggie bar (pre-portioned) Veggie bar (pre-portioned) Veggie bar (pre-portioned) Choice of Milk Choice of Milk Choice of Milk Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza, Choice of French Bread Pizza Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza, Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub, Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub, Cheeseburger, Fresh Sub or Large Uncrustable or Large Uncrustable Large Uncrustable Calzone, or Large Uncrustable Large Uncrustable Cucumbers, Strawberries, Peaches Peas, Applesauce, Oranges Cauliflower, Mixed Fruit, Banana Green Beans, Applesauce, Peaches Corn, Mixed Berries, Apples Veggie bar (pre-portioned) Choice of Milk Choice of Stuffed Crust Pizza, Choice of French Bread Pizza Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza, Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub, Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub, Orange Chicken, Cheeseburger Large Uncrustable or Large Uncrustable Calzone, or Large Uncrustable Large Uncrustable Rice Pilaf, Mandarin oranges, French Fries, Applesauce, Watermelon Green Beans, Apples, Oranages Black Beans, Juicy Juice, Strawberries Peas, Peaches Pears Applesauce Veggie bar (pre-portioned) Choice of Milk Choice of Stuffed Crust Pizza, Choice of French Bread Pizza Choice of Stuffed Crust Pizza Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub. Cheeseburger, Fresh Sub or No School **No School** Large Uncrustable or Large Uncrustable Large Uncrustable Baked Beans, Pears, Strawberries Bell Peppers, Applesauce, Grapes California Veggies, Apples, Peaches Veggie bar (pre-portioned) Veggie bar (pre-portioned) Veggie bar (pre-portioned) Choice of Milk Choice of Milk Choice of Milk Choice of Stuffed Crust Pizza Choice of French Bread Pizza Choice of Stuffed Crust Pizza, Choice of Stuffed Crust Pizza. Chicken Tenders, Fresh Sub, Cheeseburger, Fresh Sub or Chicken Tenders, Fresh Sub. Cheeseburger, Fresh Sub or Large Uncrustable or Large Uncrustable Large Uncrustable Calzone, or Large Uncrustable Grean Beans, Strawberries, Mixed Fruit Corn, Applesauce, Juicy Juice Coleslaw, Applesauce, Oranges Peas, Bananas, Peaches Veggie bar (pre-portioned) Veggie bar (pre-portioned) Veggie bar (pre-portioned) Veggie bar (pre-portioned) Choice of Milk Choice of Milk Choice of Milk Choice of Milk

Student Lunch 9-12 \$2.85 Adult Lunch \$4.85 Extra Entrée \$1.50 Extra Milk \$0.40

This institution is an equal opportunity provider

Veggie bar = (Included with 1st meal option) Tossed Salad, Broccoli, Carrots, Garbanzo Beans



