

# September 2019

Lunch Prices Paid: \$3.00 Reduced: \$0.40 Adult: \$3.25

Shenandoah High  
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<ul style="list-style-type: none"> <li>• Juicy Cheeseburger on a Bun</li> <li>• Crispy Oven Baked Fries</li> <li>• Diced Pears</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breaded Chicken Parmesan Sandwich</li> <li>• Steamed Broccoli</li> <li>• Diced Peaches</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Club Sandwich</li> <li>• Seasoned Green Beans</li> <li>• Tropical Pineapple Tidbits</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Ham &amp; Cheese Sandwich</li> <li>• Baked Beans</li> <li>• Citrusy Mandarin Oranges</li> <li>Choice of Milk</li> </ul>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<ul style="list-style-type: none"> <li>• Crispy Chicken Strips w/ Dinner Roll</li> <li>• Creamy Mashed Potatoes with Gravy</li> <li>• Diced Pears</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Cheese Nachos</li> <li>• Refried Beans</li> <li>• Applesauce with Cinnamon</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Meatball Hoagie</li> <li>• Sweet Potato Fries</li> <li>• Tropical Pineapple Tidbits</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Buffalo Chicken Alfredo w/ Breadstick</li> <li>• Steamed Broccoli</li> <li>• Citrusy Mandarin Oranges</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza Burger</li> <li>• Seasoned Green Beans</li> <li>• Mixed Fruit</li> <li>Choice of Milk</li> <li>• Alacarte Root Beer Float \$2.00</li> </ul>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<ul style="list-style-type: none"> <li>• Grilled Cheese Sandwich w/ Tomato Soup</li> <li>• Blended Mixed Vegetables</li> <li>• Diced Pears</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Cheese Walking w/Nacho Doritos and Spanish Rice</li> <li>• Black Bean &amp; Corn Salad</li> <li>• Chilled Applesauce</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mushroom Swiss Burger</li> <li>• Shoestring French Fries</li> <li>• Fresh Citrus Orange</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn Chicken Bowl Waffle Cone</li> <li>• Steamed Broccoli</li> <li>• Citrusy Mandarin Oranges</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Bacon Ranch Wrap</li> <li>• Glazed Carrots</li> <li>• Diced Peaches</li> <li>Choice of Milk</li> <li>• Alacarte</li> <li>• Root Beer Float \$2.00</li> </ul>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<ul style="list-style-type: none"> <li>• Pulled Pork BBQ on Bun</li> <li>• Seasoned Green Beans</li> <li>• Mixed Fruit</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burrito Bowl</li> <li>• Bold Black Beans</li> <li>• Red Delicious Apple</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn Chicken Bowl w/ Dinner Roll</li> <li>• Creamy Mashed Potatoes with Gravy</li> <li>• Diced Pears</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey, Broccoli, &amp; Cheddar Pocket</li> <li>• Caesar Side Salad</li> <li>• Chilled Applesauce</li> <li>Choice of Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Deluxe Philly Steak n' Cheese Sub</li> <li>• Sweet Potato Fries</li> <li>• Tropical Pineapple Tidbits</li> <li>Choice of Milk</li> <li>• Alacarte</li> <li>• Root Beer Float \$2.00</li> </ul>
<b>30</b>				
<ul style="list-style-type: none"> <li>• Pasta &amp; Meatsauce w/ Homemade Garlic Breadstick</li> <li>• Romaine Side Salad</li> <li>• Citrusy Mandarin Oranges</li> <li>Choice of Milk</li> </ul>				

Choice of Milk: Non-Fat Flavored , 1% Milk

Alternative Options offered Daily: Juicy Cheeseburger on a Bun, Breaded Spicy Chicken Sandwich, Breaded Chicken Patty Sandwich, Pepperoni Pizza

Fruit and Veggie Bar May Include: Red Delicious Apple, Fresh Petite Banana, Oranges, Diced Pears, Diced Peaches, Mixed Fruit, Tropical Pineapple Tidbits, Citrusy Mandarin Oranges, Crisp Baby Carrots, Crispy Celery Sticks, Fresh Cucumber Slices, Fresh Tomato, Fresh Red & Green Peppers, Fresh Broccoli Florets, Leafy Green Romaine Lettuce

Contact Connie Elliott Food Service Director 740.732.4120 x 131 connie.elliott@gozeps.org

More Details: [gozeps.nutrislice.com/menu/shenandoah-high/lunch/](http://gozeps.nutrislice.com/menu/shenandoah-high/lunch/)

Layout, design & code © Nutrislice, Inc. Private and non-commercial uses permitted.

This Institution is an equal opportunity provider.