

Shenandoah Elementary School

Supper · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

 Chicken Corn Dog	250 cal
 Sandwich, Cheese Croissant	330 cal
 Black Forest Ham & Cheddar Sandwich	290 cal
 Fresh Steamed Broccoli	54 cal
 Mango Splash Vegetable Juice	60 cal
 Harvest Treats Veg Juice	50 cal
 Diced Pear Cup	70 cal
 Diced Peach Cup	70 cal
 Mix Fruit Cup	80 cal
 Assorted Milk	110 cal

6

 Breaded Chicken Tenders, K-8	280 cal
 Pork Rib Sandwich, Onion Rings & Pickles	620 cal
 Sandwich, PBJ 5.3 oz	600 cal
 PBJ, 2.6 oz & Cheese	380 cal
 Seasoned Crispy Fries	81 cal
 Cucumber Dippers with Ranch Dressing	61 cal
 Orange Wedges	76 cal
 Fresh Apple Slices	30 cal
 Fresh Tangerine	40 cal
 Red Delicious Apple	75 cal
 Applesauce, Strawberry 4.5 oz	50 cal
 Applesauce, Cinnamon 4.5 oz	90 cal
 Assorted Milk	110 cal

7

 Chicken Wings, 4 each	418 cal
 Turkey & American on Bun	251 cal
 Sweet Brazilian Bun	170 cal
 Steamed Carrots	69 cal
 Coleslaw	130 cal
 Red Delicious Apple	75 cal
 Banana, fresh	146 cal
 Pineapple, Wedges Frozen	30 cal
 Fruit Juice Blend	60 cal
 Apple Juice	60 cal
 Applesauce, Strawberry 4.5 oz	50 cal
 Applesauce, Cinnamon 4.5 oz	90 cal
 Applesauce 4.5 oz	60 cal
 Applesauce, Birthday Cake 4.5 oz	70 cal
 Assorted Milk	110 cal

1

 Four Cheese Pizza Wedge	330 cal
 Fresh Steamed Broccoli	54 cal
 Banana, fresh	146 cal
 Assorted Milk	110 cal

2

 Breaded Chicken Tenders, K-8	280 cal
 Tater Tots	113 cal
 Peach Cup	90 cal

12

No menu published

13

 Breaded Chicken Tenders, K-8	230 cal
 Tater Tots	113 cal
 Diced Pear Cup	70 cal

14

 Breaded Mozzarella Sticks	400 cal
 Fresh Apple Slices	30 cal

15

 Turkey Sausage & Cheese on Croissant	321 cal
 Steamed Carrots, 1/2 cup	70 cal
 Fresh Tangerine	40 cal

16

 Four Cheese Pizza Slice	330 cal
 Fresh Steamed Broccoli	54 cal
 Fresh Apple Slices	30 cal
 Assorted Milk	110 cal

19

 Chicken Nuggets with Sweet Brazilian Bun	437 cal
 Green Beans	49 cal
 Applesauce, Birthday Cake 4.5 oz	70 cal
 Assorted Milk	110 cal

20

 Cheese Pizza Rippers	260 cal
 Apple Juice	60 cal
 Assorted Milk	110 cal

21

 Chicken Corn Dog	250 cal
 Fresh Broccoli Dippers with Ranch Dressing	60 cal
 Red Delicious Apple	75 cal

22

 Popcorn Chicken	261 cal
 Sweet Waffle Potato	150 cal
 Orange Wedges	76 cal
 Assorted Milk	110 cal

23

 Eisenberg Beef Hot Dog on WG Bun	320 cal
 Tater Tots	113 cal
 Peach Cup	90 cal
 Assorted Milk	110 cal

26

 Breaded Chicken Tenders, K-8	230 cal
 Tater Tots	113 cal
 Diced Pear Cup	70 cal
 Assorted Milk	110 cal

27

 Hamburger, 2.0 oz	304 cal
 Cheeseburger	339 cal
 Sweet Waffle Potato	150 cal
 Fresh Apple Slices	30 cal
 Assorted Milk	110 cal

28

 Chicken Wings, 4 each	418 cal
 Sweet Brazilian Bun	170 cal
 Steamed Broccoli	27 cal
 Fresh Orange	62 cal
 Assorted Milk	110 cal

29

 Stuffed Cheesy Breadstick	300 cal
 Red Delicious Apple	75 cal
 Assorted Milk	110 cal

30

 Popcorn Chicken	261 cal
 Seasoned Crispy Fries	81 cal
 Strawberry Cup	80 cal
 Assorted Milk	110 cal