SHENANDOAH VALLEY SCHOOL DISTRICT BREAKFAST MENU PRE-K - 12 AUGUST 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST IS FREE TO ALL STUDENTS	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE			1	2
	, 5	6	7	8	9
THE COMPONETS OF THE MEAL ARE:				4	
2 OZ WHOLE GRAINS	12	13	14	15	16
OR 1 OZ WG & 1 MEAT/MEAT ALT. 1 CUP OF FRUIT OR VEGETABLE 8 OZ LOW-FAT MILK	12		1.	15	10
STUDENTS ARE ENCOURAGED TO TAKE ALL 4 COMPONETS BUT, STUDENTS MUST TAKE 3 OF THE					
COMPONETS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE	19	20	2	WG BREAKFAST PIZZA 100% FRUIT JUICE PEACHES	WG CEREAL BREAK 100% FRUIT JUICE ASST FRUIT CUPS
	IN SERVICE DAY	ACT 80 DAY	ACT 80 DAY	MILK	MILK
A GOOD BREAKFAST		1			
EQUALS	26 WG CEREAL BAR	27 WG CINNAMON ROLL	WG APPLE FRUDEL	8 29 WG FUNNEL CAKE	3
A GOOD DAY	WG ANIMAL CRACKERS 100% FRIUT JUICE APPLE WEDGES MILK	100% FRUIT JUICE PEARS MILK	100% FRUIT JUICE MIXED FRUIT MILK	100% FRUIT JUICE PEACHES MILK	NO SCHOOL

SHENANDOAH VALLEY SCHOOL DISTRICT GRADES PRE-K - 8 LUNCH MENU AUGUST 2024

		AUGUS	20	LT				
	MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
LUNCH IS FREE TO ALL STUDENTS	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	:				1		2
	5		6		7	8		9
THE COMPONETS OF THE MEAL ARE:								
2 OZ WG BREAD/WG ROLL 2 OZ MEAT/MEAT ALTERNATE								
½ CUP FRUIT ¾ CUP VEGETABLE 8 OZ LOW-FAT MILK	12		13		14	15		16
STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONETS BUT, STUDENTS MUST TAKE 3 OF THE								
COMPONETS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE	19		20		21	WG MINI CORN DOG BAKED BEANS SWEET CORN PEACHES	WG PIZZA VEGGIE BLEND ASST RAW VEGGIES ASST FRUIT CUPS	2
WOW BUTTER DIP & WOW BUTTER PEANUT BUTTER IS MADE IN A:	IN SERVICE DAY	ACT 80 DAY		ACT 80 DAY		MILK	MILK	
PEANUT FREE TREE NUT FREE FACILITY	WG CHICKEN NUGGETS SMILES WG BUG BITES RAW BABY CARROTS APPLE WEDGES MILK	WG RAVIOLI WG GARLIC KNOTS GREEN BEANS CUCUMBER SLICES PEARS MILK	27	CHEESEBURGER ON A WG ROLL OVEN FRIES RST CHICKPEAS MIXED FRIUT MILK	28	WG STROMBOLI MARINARA SAUCE BROCCOLI PEACHES MILK WG TREAT	NO SCHOOL	3

SHENANDOAH VALLEY SCHOOL DISTRICT GRADES 9-12 LUNCH MENU AUGUST 2024

		7,00001		- '				
	MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	
LUNCH IS FREE TO ALL STUDENTS	MENU					1		
THE COMPONETS OF THE	IS SUBJECT							
MEAL ARE:	TO CHANGE WITHOUT NOTICE							
2 OZ WG BREAD/WG ROLL			1					
2 OZ MEAT/MEAT ALTERNATE								
1 CUP FRUIT	5		6		7	8		
1 CUP VEGETABLE								
8 OZ LOW-FAT MILK								
STUDENTS ARE ENCOURAGED TO								
TAKE ALL 5 COMPONETS BUT,								
STUDENTS MUST TAKE 3 OF THE	40		40			4 5		_
COMPONETS TO MAKE A MEAL AND	12		13		14	15		1
ONE MUST BE A ½ CUP OF FRUIT OR					W			
VEGETABLE								
ALTERNATES:								
MONDAY: WG PIZZA								
TUESDAY: WALKING TACO	19		20		21	22		2
WEDNESDAY: WG CHIX WRAP						WG MINI CORN DOGS	WG PIZZA	
THURSDAY: DELI SUB						BAKED BEANS SWEET CORN	VEGGIE BLEND ASST RAW VEGGIES	
FRIDAY: WG CHIX PATTY/WG ROLL						PEACHES	ASST FRUIT CUPS	
AVAILABLE DAILY:	IN SERVICE DAY	ACT 80 DAY		ACT 80 DAY		MILK	MILK	
AVAILABLE DAILT.						-		
GRILL CHICKEN & CHEESE SALAD	26		27		28	29		3
EDECH EDINT	WG CHICKEN NUGGETS	WG RAVIOLI		CHEESEBURGER		WG STROMBOLI		
FRESH FRUIT	SMILES	WG GARLIC KNOTS		ON A WG ROLL		MARINARA SAUCE	NO	
100% FRUIT JUICE	WG BUG BITES	GREEN BEANS		OVEN FRIES		BROCCOLI	SCHOOL	
	RAW BABY CARROTS	CUCUMBER SLICES		RST CHICKPEAS		PEACHES		
	APPLE WEDGES	PEARS		MIXED FRIUT		MILK		
	MILK	MILK		MILK		WG TREAT		
	I							

SHENANDOAH VALLEY SCHOOL DISTRICT BREAKFAST MENU PRE-K - 12 SEPTEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST IS FREE TO ALL STUDENTS	NO SCHOOL LABOR DAY	3 WG MINI STRAWBERRY FILLED BAGEL 100% FRUIT JUICE PEARS MILK	4 WG CEREAL BOWL 100% FRUIT JUICE MIXED FRUIT MILK	WG WAFFLES SYRUP PACK 100% FRUIT JUICE BANANA	WG APPLE BITES 100% FRUIT JUICE APPLESAUCE MILK
THE COMPONETS OF THE MEAL ARE: 2 OZ WHOLE GRAINS	9 WG CEREAL BREAK 100% FRUIT JUICE APPLE WEDGES MILK	WG PANCAKES SYRUP PACK 100% FRUIT JUICE PEARS MILK	WG MINI CINNI 100% FRUIT JUICE MIXED FRUIT MILK	WG FUNNEL CAKE 100% FRUIT JUICE PEACHES MILK	WG DONUT 100% FRUIT JUICE ORANGE SMILES MILK
OR 1 OZ WG & 1 MEAT/MEAT ALT. 1 CUP OF FRUIT OR VEGETABLE 8 OZ LOW-FAT MILK STUDENTS ARE ENCOURAGED TO TAKE ALL 4 COMPONETS BUT, STUDENTS MUST TAKE 3 OF THE	YOGURT WG SCOOBY SNACKS 100% FRUIT JUICE APPLE WEDGES MILK	WG BAGEL CREAM CHEESE 100% FRUIT JUICE PEARS MILK	WG BREAKFAST BAR WG GRAHAM ITEM 100% FRUIT JUICE MIXED FRUIT MILK	WG POP TART (2) 100% FRUIT JUICE PEACHES MILK	20 WG MUFFIN 100% FRUIT JUICE APPLESAUCE MILK
COMPONETS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE	WG CEREAL BAR 100% FRUIT JUICE APPLE WEDGES MILK	24 WG CINNAMON ROLL 100% FRUIT JUICE APPLE WEDGES MILK	WG APPLE FRUDEL 100%FRUIT JUICE MIXED FRUIT MILK	26 WG BREAKFAST PIZZA 100% FRUIT JUICE PEACHES MILK	WG CEREAL BREAK 100% FRUIT JUICE ASST FRUIT CUPS MILK
A GOOD BREAKFAST					
EQUALS A GOOD DAY	30 WG BRK SANDWICH 100% FRUIT JUICE APPLE WEDGES MILK				MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

SHENANDOAH VALLEY SCHOOL DISTRICT GRADES PRE-K - 8 LUNCH MENU SEPTEMBER 2024

	MONDAY	TUECDAY	MEDNICOAV	THURCDAY	FDIDAY
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH IS FREE TO ALL STUDENTS	NO SCHOOL LABOR DAY	WG GRILL CHEESE TOMATO SOUP GOLDFISH CRACKERS RST CHICKPEAS PEARS MILK	WG TANGERUINE CHIX STEAMED RICE BROCCOLI BABY CARROTS MIXED FRUIT MILK	BBQ RIB PATTY ON A WG ROLL GREEN BEANS CELERY & DIP PEACHES MILK	WG MINI CALZONES SWEET CARROTS ASST RAW VEGGIES MANDARIN ORANGES MILK
THE COMPONETS OF THE MEAL ARE: 2 OZ WG BREAD/WG ROLL	9 SEASONED CHICKEN OVER RICE BROCCOLI RST CHICKPEAS APPLE WEDGES MILK	BACON CHEESEBURGER ON A WG ROLL SWEET CARROTS CUCUMBER SLICES PEARS MILK	MEATBALLS/CHEESE ON A WG ROLL SMILE POTATOES THREE BEAN SALAD PINEAPPLES MILK	WG STROMBOLI MARINARA SAUCE CORN PEACHES MILK	BAKED PIEROGIES CANADIAN BACON WINTER BLEND ASST RAW VEGGIES ASST FRUIT CUPS MILK
2 OZ MEAT/MEAT ALTERNATE ½ CUP FRUIT ¾ CUP VEGETABLE 8 OZ LOW-FAT MILK STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONETS BUT, STUDENTS MUST TAKE 3 OF THE	WG FRENCH TOAST SYRUP PACK TRI TATER RST CHICKPEAS APPLE WEDGES MILK	WG CHICKEN PATTY ON A WG ROLL LET & TOMATO BROCCOLI PEARS MILK	WARM HAM/CHEESE ON WG PRETZEL ROLL SWEET POTATO TOTS BAKED BEANS MIXED FRUIT MILK	WG FRENCH BRD PIZZA PENN VEGGIE BLEND RAW BABY CARROTS ICEE SIDEKICK MILK	WG JAMMER SAND. SUMMER BLEND ASST RAW VEGGIES ORANGE SMILES MILK
COMPONETS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE WOW BUTTER DIP & WOW BUTTER PEANUT BUTTER IS MADE IN A:	WG CHICKEN NUGGETS SMILE POTATOES RAW BABY CARROTS WG BUG BITES APPLE WEDGES MILK	WG RAVIOLI WG GARLIC KNOTS BROCCOLI CUCUMBER SLICES PEARS MILK	WG MINI CORN DOGS BAKED BEANS SWEET CORN MIXED FRUIT MILK	CHEESEBURGER ON A WG ROLL OVEN FRIES RST CHICKPEAS PEACHES MILK	WG PIZZA VEGGIE BLEND ASST RAW VEGGIES ASST FRUIT CUPS MILK
PEANUT FREE TREE NUT FREE FACILITY	30 WG TACO SALAD LETTUCE & TOMATO TOSTITOS & SALSA APPLE WEDGES MILK				MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

SHENANDOAH VALLEY SCHOOL DISTRICT GRADES 9-12 LUNCH MENU SEPTEMBER 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE COMPONETS OF THE MEAL ARE: 2 OZ WG BREAD/WG ROLL 2 OZ MEAT/MEAT ALTERNATE 1 CUP FRUIT 1 CUP VEGETABLE 8 OZ LOW-FAT MILK STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONETS BUT, STUDENTS MUST TAKE 3 OF THE	NO SCHOOL LABOR DAY	WG GRILL CHEESE TOMATO SOUP GOLDFISH CRACKERS RST CHICKPEAS PEARS & MILK MILK	WG TANGERINE CHIX STEAMED RICE BROCCOLI BABY CARROTS MIXED FRUIT MILK	BBQ RIB PATTY ON A WG ROLL GREEN BEANS CELERY & DIP PEACHES MILK	WG MINI CALZONES CARROTS ASST RAW VEGGIES MANDARIN ORANGES MILK
	9 SEASONED CHICKEN OVER RICE BROCCOLI RST CHICKPEAS APPLE WEDGES & MILK	BACON CHEESEBURGER ON A WG ROLL SWEET CARROTS CUCUMBER SLICES PEARS & MILK	MEATBALLS/CHEESE ON A WG ROLL SMILES POTATOES THREE BEAN SALAD PINEAPPLES & MILK	WG STROMBOLI MARINARA SAUCE CORN PEACHES MILK	BAKED PIEROGIES CANADIAN BACON WINTER BLEND ASST RAW VEGGIES ASST FRUIT CUPS/MILK
COMPONETS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE	WG FRENCH TOAST SYRUP PACK TRI TATER	17 WG CHICKEN PATTY ON A WG ROLL LET & TOM CUP	18 WARM HAM/CHEESE ON WG PRETZEL ROLL SWEET POTATO TOTS	WG FRENCH BRD PIZZA PENN VEGGIE BLEND	20 WG JAMMER SANDWICH OR WG PIZZABOLI SUMMER BLEND
MONDAY: WG PIZZA	RST CHICKPEAS APPLE WEDGES MILK	BROCCOLI PEARS MILK	BAKED BEANS MIXED FRUIT MILK	RAW BABY CARROTS ICEE SIDEKICK MILK	ASST RAW VEGGIES ASST FRUIT CUP MILK
TUESDAY: WALKING TACO WEDNESDAY: WG CHIX WRAP THURSDAY: DELI HOAGIE FRIDAY: WG CHIX PATTY/WG ROLL AVAILABLE DAILY:	WG CHICKEN NUGGETS SMILE POTATOES RAW BABY CARROTS WG BUG BITES APPLE WEDGES	WG RAVIOLI WG GARLIC KNOTS BROCCOLI CUCUMBER SLICES PEARS	25 WG MINI CORN DOGS BAKED BEANS SWEET CORN MIXED FRUIT MILK	CHEESEBURGER ON A WG ROLL OVEN FRIES RST CHICKPEAS PEACHES	WG PIZZA PLAIN OR BUFFALO VEGGIE BLEND ASST RAW VEGGIES ASST FRUIT CUPS
GRILL CHICKEN & CHEESE SALAD	MILK	MILK		MILK	MILK
FRESH FRUIT 100% FRUIT JUICE	WG TACO SALAD LETTUCE & TOMATO TOSTITOS & SALSA APPLE WEDGES MILK				MENU IS SUBJECT TO CHANGE WITHOUT NOTICE