

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST IS FREE TO ALL STUDENTS</b></p> <p>THE COMPONENTS OF THE MEAL ARE:</p> <p>2 OZ WHOLE GRAINS OR 1 OZ WG &amp; 1 MEAT/MEAT ALT. 1 CUP OF FRUIT OR VEGETABLE 8 OZ LOW-FAT MILK</p> <p>STUDENTS ARE ENCOURAGED TO TAKE ALL 4 COMPONENTS BUT, STUDENTS MUST TAKE 3 OF THE COMPONENTS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE</p> <p><b>A GOOD BREAKFAST EQUALS A GOOD DAY</b></p>	<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>			1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	<i>IN SERVICE DAY</i>	<i>ACT 80 DAY</i>	<i>ACT 80 DAY</i>	WG BREAKFAST PIZZA 100% FRUIT JUICE PEACHES MILK	WG CEREAL BREAK 100% FRUIT JUICE ASST FRUIT CUPS MILK
	26	27	28	29	30
	WG CEREAL BAR WG ANIMAL CRACKERS 100% FRUIT JUICE APPLE WEDGES MILK	WG CINNAMON ROLL 100% FRUIT JUICE PEARS MILK	WG APPLE FRUDEL 100% FRUIT JUICE MIXED FRUIT MILK	WG FUNNEL CAKE 100% FRUIT JUICE PEACHES MILK	<b>NO SCHOOL</b>

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH IS FREE TO ALL STUDENTS</b></p> <p>THE COMPONENTS OF THE MEAL ARE:</p> <p>2 OZ WG BREAD/WG ROLL 2 OZ MEAT/MEAT ALTERNATE ½ CUP FRUIT ¾ CUP VEGETABLE 8 OZ LOW-FAT MILK</p> <p>STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONENTS BUT, STUDENTS MUST TAKE 3 OF THE COMPONENTS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE</p> <p><u>WOW BUTTER DIP &amp; WOW BUTTER PEANUT BUTTER IS MADE IN A:</u></p> <p><b>PEANUT FREE TREE NUT FREE FACILITY</b></p>	<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>			1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	<i><b>IN SERVICE DAY</b></i>	<i><b>ACT 80 DAY</b></i>	<i><b>ACT 80 DAY</b></i>	<p>WG MINI CORN DOG BAKED BEANS SWEET CORN PEACHES MILK</p>	<p>WG PIZZA VEGGIE BLEND ASST RAW VEGGIES ASST FRUIT CUPS MILK</p>
26	27	28	29	30	
	<p>WG CHICKEN NUGGETS SMILES WG BUG BITES RAW BABY CARROTS APPLE WEDGES MILK</p>	<p>WG RAVIOLI WG GARLIC KNOTS GREEN BEANS CUCUMBER SLICES PEARS MILK</p>	<p>CHEESEBURGER ON A WG ROLL OVEN FRIES RST CHICKPEAS MIXED FRUIT MILK</p>	<p>WG STROMBOLI MARINARA SAUCE BROCCOLI PEACHES MILK WG TREAT</p>	<b>NO SCHOOL</b>

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH IS FREE TO ALL STUDENTS</b></p> <p>THE COMPONENTS OF THE MEAL ARE:</p> <p>2 OZ WG BREAD/WG ROLL 2 OZ MEAT/MEAT ALTERNATE 1 CUP FRUIT 1 CUP VEGETABLE 8 OZ LOW-FAT MILK</p> <p>STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONENTS BUT, STUDENTS MUST TAKE 3 OF THE COMPONENTS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE</p> <p><b>ALTERNATES:</b></p> <p>MONDAY: WG PIZZA TUESDAY: WALKING TACO WEDNESDAY: WG CHIX WRAP THURSDAY: DELI SUB FRIDAY: WG CHIX PATTY/WG ROLL</p> <p><b>AVAILABLE DAILY:</b></p> <p>GRILL CHICKEN &amp; CHEESE SALAD</p> <p>FRESH FRUIT 100% FRUIT JUICE</p>	<b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b>			1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	26	27	28	29	30
	<i>IN SERVICE DAY</i>	<i>ACT 80 DAY</i>	<i>ACT 80 DAY</i>	WG MINI CORN DOGS BAKED BEANS SWEET CORN PEACHES MILK	WG PIZZA VEGGIE BLEND ASST RAW VEGGIES ASST FRUIT CUPS MILK
	WG CHICKEN NUGGETS SMILES WG BUG BITES RAW BABY CARROTS APPLE WEDGES MILK	WG RAVIOLI WG GARLIC KNOTS GREEN BEANS CUCUMBER SLICES PEARS MILK	CHEESEBURGER ON A WG ROLL OVEN FRIES RST CHICKPEAS MIXED FRUIT MILK	WG STROMBOLI MARINARA SAUCE BROCCOLI PEACHES MILK WG TREAT	<b>NO SCHOOL</b>

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BREAKFAST IS FREE TO ALL STUDENTS</b></p> <p>THE COMPONENTS OF THE MEAL ARE:</p> <p>2 OZ WHOLE GRAINS OR 1 OZ WG &amp; 1 MEAT/MEAT ALT. 1 CUP OF FRUIT OR VEGETABLE 8 OZ LOW-FAT MILK</p> <p>STUDENTS ARE ENCOURAGED TO TAKE ALL 4 COMPONENTS BUT, STUDENTS MUST TAKE 3 OF THE COMPONENTS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE</p> <p><b>A GOOD BREAKFAST EQUALS A GOOD DAY</b></p>	2  <i><b>NO SCHOOL LABOR DAY</b></i>	3 WG MINI STRAWBERRY FILLED BAGEL 100% FRUIT JUICE PEARS MILK	4 WG CEREAL BOWL 100% FRUIT JUICE MIXED FRUIT MILK	5 WG WAFFLES SYRUP PACK 100% FRUIT JUICE BANANA	6 WG APPLE BITES 100% FRUIT JUICE APPLESAUCE MILK
	9 WG CEREAL BREAK 100% FRUIT JUICE APPLE WEDGES MILK	10 WG PANCAKES SYRUP PACK 100% FRUIT JUICE PEARS MILK	11 WG MINI CINNI 100% FRUIT JUICE MIXED FRUIT MILK	12 WG FUNNEL CAKE 100% FRUIT JUICE PEACHES MILK	13 WG DONUT 100% FRUIT JUICE ORANGE SMILES MILK
	16 YOGURT WG SCOOPY SNACKS 100% FRUIT JUICE APPLE WEDGES MILK	17 WG BAGEL CREAM CHEESE 100% FRUIT JUICE PEARS MILK	18 WG BREAKFAST BAR WG GRAHAM ITEM 100% FRUIT JUICE MIXED FRUIT MILK	19 WG POP TART (2) 100% FRUIT JUICE PEACHES MILK	20 WG MUFFIN 100% FRUIT JUICE APPLESAUCE MILK
	23 WG CEREAL BAR 100% FRUIT JUICE APPLE WEDGES MILK	24 WG CINNAMON ROLL 100% FRUIT JUICE APPLE WEDGES MILK	25 WG APPLE FRUDEL 100%FRUIT JUICE MIXED FRUIT MILK	26 WG BREAKFAST PIZZA 100% FRUIT JUICE PEACHES MILK	27 WG CEREAL BREAK 100% FRUIT JUICE ASST FRUIT CUPS MILK
	30 WG BRK SANDWICH 100% FRUIT JUICE APPLE WEDGES MILK				<b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b>

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH IS FREE TO ALL STUDENTS</b></p> <p>THE COMPONENTS OF THE MEAL ARE:</p> <p>2 OZ WG BREAD/WG ROLL 2 OZ MEAT/MEAT ALTERNATE ½ CUP FRUIT ¾ CUP VEGETABLE 8 OZ LOW-FAT MILK</p> <p>STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONENTS BUT, STUDENTS MUST TAKE 3 OF THE COMPONENTS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE</p> <p><b>WOW BUTTER DIP &amp; WOW BUTTER PEANUT BUTTER IS MADE IN A:</b></p> <p><b>PEANUT FREE TREE NUT FREE FACILITY</b></p>	2	3	4	5	6
	<i><b>NO SCHOOL LABOR DAY</b></i>	WG GRILL CHEESE TOMATO SOUP GOLDFISH CRACKERS RST CHICKPEAS PEARS 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 SWEET CARROTS ASST RAW VEGGIES MANDARIN ORANGES MILK
	9	10	11	12	13
	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
	16	17	18	19	20
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	
23	24	25	26	27	
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	
30					
WG TACO SALAD LETTUCE & TOMATO TOSTITOS & SALSA APPLE WEDGES MILK				<b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b>	

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH IS FREE TO ALL STUDENTS</b></p> <p>THE COMPONENTS OF THE MEAL ARE:</p> <p>2 OZ WG BREAD/WG ROLL            2 OZ MEAT/MEAT ALTERNATE            1 CUP FRUIT            1 CUP VEGETABLE            8 OZ LOW-FAT MILK</p> <p>STUDENTS ARE ENCOURAGED TO TAKE ALL 5 COMPONENTS BUT, STUDENTS MUST TAKE 3 OF THE COMPONENTS TO MAKE A MEAL AND ONE MUST BE A ½ CUP OF FRUIT OR VEGETABLE</p> <p><b>ALTERNATES:</b></p> <p>MONDAY: WG PIZZA            TUESDAY: WALKING TACO            WEDNESDAY: WG CHIX WRAP            THURSDAY: DELI HOAGIE            FRIDAY: WG CHIX PATTY/WG ROLL</p> <p><b>AVAILABLE DAILY:</b></p> <p>GRILL CHICKEN &amp; CHEESE SALAD</p> <p>FRESH FRUIT            100% FRUIT JUICE</p>	2	3	4	5	6
	<b>NO SCHOOL LABOR DAY</b>	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	10	11	12	13
	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
	16	17	18	19	20
WG FRENCH TOAST SYRUP PACK TRI TATER RST CHICKPEAS APPLE WEDGES MILK	WG CHICKEN PATTY ON A WG ROLL LET & TOM CUP 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 SANDWICH OR WG PIZZABOLI SUMMER BLEND ASST RAW VEGGIES ASST FRUIT CUP MILK	
23	24	25	26	27	
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 PLAIN OR BUFFALO VEGGIE BLEND ASST RAW VEGGIES ASST FRUIT CUPS MILK	
30					
WG TACO SALAD LETTUCE & TOMATO TOSTITOS & SALSA APPLE WEDGES MILK					<p><b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p>