

Staunton City Schools January Menu: Shelburne Middle School and Robert E. Lee High School

Serving daily: speciality lunch boxes, sensational salads & your favorite burgers & chicken sandwiches.

LUNCH				
M	T	W	TH	F
5	6	7	8	9
<i>Select 1entree:</i> ❖ American classic burger ❖ Grilled cheese w/ hearty vegetable soup <i>Select up to 2 veggies & 1 fruit</i> ❖ French fries ❖ Fresh Veggie Cup Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée: TACO TUESDAY</i> ❖ Crunchy cheesy beef taco w/salsa ❖ Zesty chicken parm sandwich <i>Select up to 2 veggies & 1 fruit</i> ❖ Fiesta beans ❖ Side romaine salad ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Speciality sandwich ❖ Chicken hot fries <i>Select up to 2 veggies& 1 fruit</i> ❖ Sweet potato poofs ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Country steak & gravy ❖ Chicken BBQ on bun <i>Select up to 2 veggies & 1 fruit</i> ❖ Green beans ❖ Cole Slaw ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Pizza variety ❖ Manager's surprize ❖ Speciality entrée salad <i>Select up to 2 veggies& 1 fruit</i> ❖ French fries ❖ Fresh or chilled fruit selection Assorted milks
12	13	14	15	16
<i>Select 1entree:</i> ❖ Hamburger steak on hoagie ❖ Cheesy flatbread w/ black bean chili <i>Select up to 2 veggies & 1 fruit</i> ❖ French fries ❖ Hot vegetable medley Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée: TACO TUESDAY</i> ❖ Baja fish taco w/salsa ❖ Italian meatball sub <i>Select up to 2 veggies & 1 fruit</i> ❖ Side spinach salad ❖ Seasoned pintos ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Speciality sandwich ❖ Sweet & sour chicken w/ brown rice <i>Select up to 2 veggies& 1 fruit</i> ❖ Sweet potato poofs ❖ Broccoli Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Turkey and gravy w/a roll ❖ Buffalo chicken sandwich <i>Select up to 2 veggies& 1 fruit</i> ❖ Slow cooked greens ❖ Mashed potatoes ❖ Fresh or chilled fruit selection Assorted milks	No School for Students
19	20	21	22	23
No school for students	<i>Select 1entree: TACO TUESDAY</i> ❖ Chicken nacho taco w/salsa ❖ Crispy chicken sandwich w/cheddar & bacon <i>Select up to 2 veggies & 1 fruit</i> ❖ Fresh veggie medley ❖ Seasoned chili beans ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1entree:</i> 1. Speciality sandwich ❖ Chicken hot fries <i>Select up to 2 veggies & 1 fruit</i> ❖ Baby carrots ❖ Broccoli ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Roasted chicken w/ a roll ❖ Pizza burger w/ pepperoni, tomato sauce & mozzarella <i>Select up to 2 veggies& 1 fruit</i> ❖ Slow cooked greens ❖ Mashed potatoes ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Pizza variety ❖ Manager's surprize ❖ Speciality entrée salad <i>Select up to 2 veggies& 1 fruit</i> ❖ French fries ❖ Fresh or chilled fruit selection Assorted milks
26	27	28	29	30
<i>Select 1entree:</i> ❖ Hamburger steak on hoagie ❖ Chicken slider w/ tomtao basil soup & a cheese stick dunker <i>Select up to 2 veggies & 1 fruit</i> ❖ Sweet potato poofs ❖ Hot vegetable medley Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée: TACO TUESDAY</i> ❖ Softshell Santa fe chicken taco ❖ Chili meatballs over rice <i>Select up to 2 veggies & 1 fruit</i> ❖ Side spinach salad ❖ Seasoned pintos ❖ Fresh or chilled fruit selection Assorted milks	BREAKFAST FOR LUNCH Blueberry pancakes Or Mini waffles each w/ bacon Seasoned potatoes Fresh or chilled fruit Milk	<i>Select 1 entrée:</i> ❖ Turkey pot pie ❖ Chicken salad sandwich <i>Select up to 2 veggies & 1 fruit</i> ❖ Slow cooked greens ❖ Tomato salad ❖ Fresh or chilled fruit selection Assorted milks	<i>Select 1 entrée:</i> ❖ Pizza variety ❖ Manager's surprize ❖ Speciality entrée salad <i>Select up to 2 veggies& 1 fruit</i> ❖ French fries ❖ Fresh or chilled fruit selection Assorted milks

Vegetarian entrees available daily: Please contact the cafeteria manager should you wish for your child to have a vegetarian entrée.

Menu is always subject to change based upon product availability, closings, delays or early dismissals and/or equipment failure.

Daily lunch prices: \$2.60 full price/ \$.40 reduced/\$.50 extra milk. In order to receive milk at no charge in the free lunch program the full lunch must be purchased.

Supervisor of School Nutrition: Amanda Warren:: Phone: (540) 332-3920:: Email: awarren@staunton.k12.va.us

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