



Shepard Prep High School

Shepard Prep High School (9-12)

Lunch , September 2025



Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05
Closed	Macaroni & Cheese <i>Dinner Roll</i> Steamed Carrots Applesauce Cup	Pancakes <i>Turkey Sausage Patties</i> <i>Syrup</i> Tater Tots Orange	Pizzeria Pizza Corn & Black Bean Salad Apple Slices	Beef Nachos <i>Salsa</i> <i>Scoops & Brown Rice</i> Black Beans Banana
Monday 08	Tuesday 09	Wednesday 10	Thursday 11	Friday 12
Popcorn Chicken & Mashed Potato Bowl <i>Dinner Roll</i> Green Beans Apple	Cheeseburger on a Bun Baked Beans Applesauce Cup	Homemade Baked Ziti <i>Dinner Roll</i> Orange Peas	Pizzeria Pizza Tossed Salad Apple Slices	French Toast Sticks <i>Yogurt Parfait</i> Baby Carrots Banana
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Chicken Tenders <i>Dinner Roll</i> Apple Green Beans	Grilled Cheese Sandwich Steamed Carrots Applesauce Cup	BBQ Beef Rib Hero Tater Tots Orange	Pizzeria Pizza Corn & Black Bean Salad Apple Slices	Closed
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Beef Empanada <i>Rice & Beans</i> Green Beans Apple	Pasta w/ Meatballs <i>Dinner Roll</i> Applesauce Cup Tossed Salad	Boneless Chicken Wings <i>Dinner Roll</i> Baked Fries Orange	Pizzeria Pizza Apple Slices Garbanzo Bean & Red Pepper Salad	Breakfast Sampler Baby Carrots Banana
Monday 29	Tuesday 30			
General Tso's Chicken <i>Vegetable Fried Rice</i> Steamed Broccoli Apple	French Bread Pizza Cucumbers Applesauce Cup	No Menu Available	No Menu Available	No Menu Available

* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.