



Shepard Prep High School

Shepard Prep High School Lunch (9-12)

Lunch , September 2026



	Tuesday 01	Wednesday 02	Thursday 03	Friday 04
No Menu Available	Cheeseburger on a Bun Baked Beans Applesauce Cup	Homemade Baked Ziti <i>Dinner Roll</i> Peas Orange	Pizzeria Pizza Tossed Salad Apple Slices	French Toast Sticks <i>Yogurt Parfait</i> Baby Carrots Banana
Monday 07	Tuesday 08	Wednesday 09	Thursday 10	Friday 11
Closed	Grilled Cheese Sandwich Steamed Carrots Applesauce Cup	BBQ Beef Rib Hero Tater Tots Orange	Pizzeria Pizza Corn & Black Bean Salad Apple Slices	Soft-Shell Beef Tacos <i>Mexican Rice</i> Salsa Black Beans Banana
Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Beef Empanada <i>Rice & Beans</i> Apple Green Beans	Pasta w/ Meatballs <i>Dinner Roll</i> Steamed Broccoli Applesauce Cup	Boneless Chicken Wings <i>Dinner Roll</i> Baked Fries Orange	Pizzeria Pizza Apple Slices Garbanzo Bean & Red Pepper Salad	
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
General Tso's Chicken <i>Vegetable Fried Rice</i> Steamed Broccoli Apple	French Bread Pizza Cucumbers Applesauce Cup	Breaded Chicken Fillet on a Bun Corn Orange	Pizzeria Pizza Corn & Black Bean Salad Apple Slices	Whole Grain Waffles <i>Turkey Sausage Patties</i> Syrup Baby Carrots Banana
Monday 28	Tuesday 29	Wednesday 30		
All-Beef Hot Dog on a Bun Tater Tots Apple	3-Cheese Cavatappi <i>Garlic Bread</i> Steamed Broccoli Applesauce Cup	Chicken & Waffles Baby Carrots Orange		

* Consuming raw or under cooked meat, poultry, seafood, shellfish 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.