



Shepard Prep High School

Shepard Prep High School Lunch (9-12)

Lunch , October 2026



No Menu Available			Thursday 01	Friday 02
No Menu Available			Pizzeria Pizza 🟢 Cucumber & Tomato Salad Apple Slices	Fiesta Beef Bowl 🌱 Salsa Black Beans Banana
Monday 05	Tuesday 06	Wednesday 07	Thursday 08	Friday 09
Chicken & Vegetable Dumplings in Teriyaki Sauce Vegetable Fried Rice Steamed Broccoli Apple	Macaroni & Cheese 🟢 Dinner Roll Steamed Carrots Applesauce Cup	Pancakes 🟢 Syrup Chicken Sausage Patties Tater Tots Orange	Pizzeria Pizza 🟢 Corn & Black Bean Salad Apple Slices	Beef Nachos Scoops & Brown Rice 🟢 Salsa Black Beans Banana
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Closed	Cheeseburger on a Bun 🍔 Applesauce Cup Sweet Potato Fries 🍟	Homemade Baked Ziti 🟢 Dinner Roll Peas Orange	Pizzeria Pizza 🟢 Apple Slices Tossed Salad	French Toast Sticks 🟢 Yogurt Parfait Baby Carrots Banana
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Chicken Tenders 🍗 Dinner Roll 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	Soft-Shell Beef Tacos Salsa Mexican Rice Black Beans Banana
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Beef Empanada 🟢 Rice & Beans 🟢 Apple	Pasta w/ Meatballs 🍖 Dinner Roll Applesauce Cup Tossed Salad	Boneless Chicken Wings 🍗 Dinner Roll Baked Fries Orange	Pizzeria Pizza 🟢 Apple Slices Garbanzo Bean & Red Pepper Salad	Mummy Hot Dog Sweet Potato Fries Banana

* 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.