

AUGUST | 2022

Shield Cafe Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Pulled Pork Sandwich Baked Beans</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>2 Chicken Alfredo With Garlic Bread Broccoli</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>3 Big Daddy's Pizza Cucumber</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>4 Chili Cheese Fries w/ a Grain</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>5 Bosco Sticks with Marinara Sauce Carrots</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>8 French Toast Sticks Sausage Patty Sweet Potato Wedges</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>9 General Tso's Chicken Fried Rice Edamame</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>10 Big Daddy's Pizza Broccoli</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>11 Popcorn Chicken Bowl w/ Corn</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>12 Chicken Tenders w/ a Dinner Roll Green Beans</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>15 Orange Chicken with Fried Rice Edamame</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>16 Taco Bowl Mini Peppers</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>17 Big Daddy's Pizza Cauliflower</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>18 Mini Corn Dogs Curly Fries</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger Yogurt Parfait</p>	<p>19 Chicken Nuggets w/ Mac and Cheese Broccoli</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>22 Pulled Pork Sandwich Baked Beans</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>23 Chicken Alfredo With Garlic Bread Broccoli</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>24 Big Daddy's Pizza Cucumber</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>25 Chili Cheese Fries w/ a Grain</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>26 Bosco Sticks with Marinara Sauce Carrots</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>29 French Toast Sticks Sausage Patty Sweet Potato Wedges</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>30 General Tso's Chicken Fried Rice Edamame</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>31 Big Daddy's Pizza Broccoli</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>1 Popcorn Chicken Bowl w/ Corn</p> <p><u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>2 First Home Football Game! Special Menu!</p> <p><u>Alt Choices:</u> Hamburger/ Cheeseburger</p>

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Fruit and Yogurt Parfait^V
- Chef Salads

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.75
Extra Milk: \$0.50