

NOVEMBER | 2022



Shield Cafe Lunch Menu

MONDAY

31 Orange Chicken with Fried Rice Broccoli
Alt Choices:
Hamburger/ Cheeseburger

7 Boneless Wing Bar Onion Rings Celery
Alt Choices:
Hamburger/ Cheeseburger

14 French Toast Sticks Sausage Patty Sweet Potato Wedges
Alt Choices:
Hamburger/ Cheeseburger

21 Big Daddy's Pizza Cauliflower
Alt Choices:
Hamburger/ Cheeseburger

8 Boneless Wing Bar Onion Rings Celery
Alt Choices:
Hamburger/ Cheeseburger

TUESDAY

1 Build Your Own Nachos Refried Beans
Alt Choices:
Asst Chicken Sandwiches

8 Chicken Alfredo With Garlic Bread Broccoli
Alt Choices:
Asst Chicken Sandwiches

15 General Tso's Chicken Fried Rice Edamame
Alt Choices:
Asst Chicken Sandwiches

22 Mini Corn Dogs Curly Fries
Alt Choices:
Asst Chicken Sandwiches

29 Chicken Alfredo With Garlic Bread Broccoli
Alt Choices:
Asst Chicken Sandwiches

WEDNESDAY

2 Big Daddy's Pizza Cauliflower
Alt Choice:
Hamburger/ Cheeseburger

9 Big Daddy's Pizza Carrots
Alt Choice:
Hamburger/ Cheeseburger

16 Big Daddy's Pizza Broccoli
Alt Choice:
Hamburger/ Cheeseburger

3 Big Daddy's Pizza Carrots
Alt Choice:
Hamburger/ Cheeseburger

THURSDAY

3 Chicken and Waffles Strawberry Topping Mini Peppers
Alt Choices:
Asst Chicken Sandwiches

10 Chicken Drumstick Biscuit Mashed Potatoes
Alt Choices:
Asst Chicken Sandwiches

17 Popcorn Chicken Bowl w/ Biscuit Stick Corn
Alt Choices:
Asst Chicken Sandwiches

1 Chicken Drumstick Biscuit Mashed Potatoes
Alt Choices:
Asst Chicken Sandwiches

FRIDAY

4 Mini Corn Dogs Curly Fries
Alt Choices:
Hamburger/ Cheeseburger

11 Bosco Sticks with Marinara Sauce Baked Beans
Alt Choices:
Hamburger/ Cheeseburger

18 Holiday Meal!


2 Bosco Sticks with Marinara Sauce Baked Beans
Alt Choices:
Hamburger/ Cheeseburger

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: \$4.80
Extra Milk: \$0.50

Thanksgiving Break

