



JANUARY | 2023

Shield Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Chicken and Waffles Strawberry Topping Mini Peppers <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>3 Orange Chicken Fried Rice Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>4 Big Daddy's Pizza Cauliflower <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p>5 Chicken Drumstick Biscuit Mashed Potatoes <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>6 Bosco Sticks with Marinara Sauce Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>5 French Toast Sticks Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>10 General Tso's Chicken Fried Rice Edamame <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>11 Big Daddy's Pizza Broccoli <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p>11 Boneless Wing Bar Onion Rings Celery <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>13 Mini Corn Dogs Curly Fries <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>16 NO SCHOOL  MLK MARTIN LUTHER KING JR. DAY</p>	<p>17 Build Your Own Nachos Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>18 Big Daddy's Pizza Carrots <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p>19 National Popcorn Day! Popcorn Chicken Bowl w/ Biscuit Stick Corn <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>20 Lasagna Roll Ups Garlic Bread Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>21 National Pie Day Chicken Pot Pie Green Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>24 Orange Chicken Fried Rice Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>25 Big Daddy's Pizza Cherry Tomatoes <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p>26 Chicken Drumstick Biscuit Mashed Potatoes <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>27 Bosco Sticks with Marinara Sauce Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p>5 French Toast Sticks Sausage Patty Sweet Potato Wedges <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p>31 General Tso's Chicken Fried Rice Edamame <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>1 Big Daddy's Pizza Broccoli <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p>2 National Tater Tot Day Mini Corn Dogs Tater Tots <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p>3 Boneless Wing Bar Onion Rings Celery <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: \$4.80
Extra Milk: \$0.50