



FEBRUARY | 2023

Shield Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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

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

2 National Tater Tot Day
Mini Corn Dogs
Tater Tots
Alt Choices:
Asst Chicken Sandwiches

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

6 No School

Teacher Day

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

8 Chicken Tenders
Mac and Cheese
Corn
Alt Choice:
Hamburger/ Cheeseburger

9 National Pizza Day
Big Daddy's Pizza
Carrots
Alt Choices:
Asst Chicken Sandwiches

10 Lasagna Roll Ups
Garlic Bread
Broccoli
Alt Choices:
Hamburger/ Cheeseburger

17 Chicken and Waffles
Strawberry Topping
Mini Peppers
Alt Choices:
Hamburger/ Cheeseburger

14 Orange Chicken
Fried Rice
Broccoli
Alt Choices:
Asst Chicken Sandwiches

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

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

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

20 No School

PRESIDENTS DAY

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

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

23 National Chili Day
Beef Chili
Corn Bread
Cherry Tomatoes
Alt Choices:
Asst Chicken Sandwiches

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

27 Honey BBQ Beef Rib
Sandwich
Sweet Potato Fries
Alt Choices:
Hamburger/ Cheeseburger

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

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

2 Chicken Tenders
Mac and Cheese
Corn
Alt Choices:
Asst Chicken Sandwiches

3 Lasagna Roll Ups
Garlic Bread
Broccoli
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