



# MARCH | 2023

## Shield Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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

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

**7** Orange Chicken  
Fried Rice  
Broccoli  
Alt Choices:  
Asst Chicken Sandwiches

**8** Big Daddy's Pizza  
Celery  
Alt Choice:  
Hamburger/ Cheeseburger

**9** National Meatball Day  
Meatball Sub  
Tater Tots  
Alt Choices:  
Asst Chicken Sandwiches

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

National School Breakfast Week

# Spring Break

### 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<sup>v</sup>
- Fruit and Yogurt Parfait<sup>v</sup>
- 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