

Meal Prices:

Breakfast: \$2.25

Lunch: \$3.60

Adult: \$4.80

Extra Milk: \$0.50

AUGUST | 2023

Shield Cafe Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				4 Hamburger/ Cheeseburger French Fries
7 Hot Beef and Cheddar on a Bun Cucumbers	8 Chicken Drumstick with Biscuit Mashed Potatoes	9 Big Daddy's Pizza Mini Peppers	10 General Tso's Chicken Vegetable Fried Rice Broccoli	11 Honey BBQ Beef Rib Sandwich Baked Beans
14 Mini Corn Dogs Curly Fries	15 Arroz Con Pollo Refried Beans	16 Big Daddy's Pizza Broccoli	17 Orange Chicken Vegetable Fried Rice Green Beans	18 Pasta Bar with Garlic Bread Carrots
20 Chicken and Waffles Strawberry Topping Broccoli	22 Build Your Own Nachos Refried Beans	23 Big Daddy's Pizza Cherry Tomatoes	24 Chicken Poppers with Corn Bread Mashed Potatoes	25 Bosco Sticks with Marinara Sauce Snap Peas
28 Pulled Pork Baked Beans	29 French Toast and Sausage Patty Sweet Potato Wedges	30 Big Daddy's Pizza Green Beans	31 Chicken Tenders Mac and Cheese Broccoli	1 Teriyaki Meatballs with Brown Rice Corn

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

Alternative Choices:

Daily:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Chef Salads

Tuesday/Thursday:

- Assorted Chicken Sandwiches
- Bistro Box^V

Monday/Wednesday/Friday:

- Hamburger/Cheeseburger
- Fruit and Yogurt Parfait^V

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