

Meal Prices:
 Breakfast: \$2.25
 Lunch: \$3.60
 Adult: \$4.80
 Extra Milk: \$0.50

SEPTEMBER | 2023

Shield Cafe Lunch Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 28 Pulled Pork Baked Beans | 28 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 |
| 4 No School!  | 5 Chicken Drumstick with Biscuit Mashed Potatoes | 6 Big Daddy's Pizza Mini Peppers | 7 General Tso's Chicken Vegetable Fried Rice Broccoli | 8 Honey BBQ Beef Rib Sandwich Baked Beans |
| 11 Mini Corn Dogs Curly Fries | 12 Arroz Con Pollo Refried Beans | 13 Big Daddy's Pizza Broccoli | 14 Orange Chicken Vegetable Fried Rice Green Beans | 15 Pasta Bar with Garlic Bread Carrots |
| 18 Chicken and Waffles Strawberry Topping Broccoli | 19 Build Your Own Nachos Refried Beans | 20 Big Daddy's Pizza Cherry Tomatoes | 21 Chicken Poppers with Corn Bread Mashed Potatoes | 22 Bosco Sticks with Marinara Sauce Snap Peas |
| 25 Pulled Pork Baked Beans | 26 French Toast and Sausage Patty Sweet Potato Wedges | 27 Big Daddy's Pizza Green Beans | 28 Chicken Tenders Mac and Cheese Broccoli | 29 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