

Meal Prices:

Breakfast: \$2.25

Lunch: \$3.60

Adult: \$4.80

Extra Milk: \$0.50

OCTOBER | 2023



Shield Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Hot Beef and Cheddar on a Bun Cucumbers

3 Chicken Drumstick with Biscuit Mashed Potatoes

4 Big Daddy's Pizza Mini Peppers

5 General Tso's Chicken Vegetable Fried Rice Broccoli

6 Honey BBQ Beef Rib Sandwich Baked Beans

16 Mini Corn Dogs Curly Fries

17 Arroz Con Pollo Refried Beans

18 Big Daddy's Pizza Broccoli

19 Orange Chicken Vegetable Fried Rice Green Beans

20 Pasta Bar with Garlic Bread Carrots

20 Chicken and Waffles Strawberry Topping Broccoli

24 Build Your Own Nachos Refried Beans

25 Big Daddy's Pizza Cherry Tomatoes

26 Chicken Poppers with Corn Bread Mashed Potatoes

27 Bosco Sticks with Marinara Sauce Snap Peas

30 Pulled Pork Baked Beans

31 French Toast and Sausage Patty Sweet Potato Wedges

1 Big Daddy's Pizza Green Beans

2 Chicken Tenders Mac and Cheese Broccoli

3 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