


**Meal Prices:**

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

# NOVEMBER | 2023



## Shield Cafe Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Pulled Pork Baked Beans	<b>31</b> French Toast and Sausage Patty Sweet Potato Wedges	<b>1</b> Big Daddy's Pizza Green Beans	<b>2</b> Chicken Tenders Mac and Cheese Broccoli	<b>3</b> Teriyaki Meatballs with Brown Rice Corn
<b>6</b> Hot Beef and Cheddar on a Bun Cucumbers	<b>7</b> Chicken Drumstick with Biscuit Mashed Potatoes	<b>8</b> Big Daddy's Pizza Mini Peppers	<b>9</b> General Tso's Chicken Vegetable Fried Rice Broccoli	<b>10</b> Honey BBQ Beef Rib Sandwich Baked Beans
<b>13</b> Mini Corn Dogs Curly Fries	<b>14</b> Arroz Con Pollo Refried Beans	<b>15</b> Big Daddy's Pizza Broccoli	<b>16</b> Orange Chicken Vegetable Fried Rice Green Beans	<b>17</b> Holiday Meal! 
<b>20</b> Big Daddy's Pizza Cherry Tomatoes	<b>21</b> Bosco Sticks with Marinara Sauce Asst Vegetables	<b>Thanksgiving Break</b>		

**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<sup>V</sup>
- Chef Salads

**Tuesday/Thursday:**

- Assorted Chicken Sandwiches
- Bistro Box<sup>V</sup>

**Monday/Wednesday/Friday:**

- Hamburger/Cheeseburger
- Fruit and Yogurt Parfait<sup>V</sup>

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**