



# MARCH | 2024

## Shield Cafe Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> Asian Bar Edamame	<b>27</b> Chicken or Cheese Quesadilla Carrots	<b>28</b> <u>National Pancake Day!</u> Pancake Cheese Omelet Hash Browns	<b>29</b> Chicken Popper Bowls Mashed Potatoes	<b>1</b> Chili Mac Broccoli
<b>4</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables	<b>5</b> BYO Nachos Refried Beans	<b>6</b> Big Daddy's Pizza Green Beans	<b>7</b> French Toast Sausage Patty Carrots	<b>8</b> Chicken Tender Basket with Waffle Fries

**National School Breakfast Week!**

# Spring Break!

<b>25</b> Asian Bar Edamame	<b>26</b> Arroz con Pollo Broccoli	<b>27</b> Big Daddy's Pizza Celery	<b>28</b> Chicken and Waffles Strawberry Syrup Sweet Potato Fries	<b>29</b> Bosco Sticks Marinara Sauce Corn
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**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
  - Assorted Chicken Sandwiches
  - Hamburger/Cheeseburger

**Tuesday/Thursday:**

- Bistro Box<sup>V</sup>

**Monday/Wednesday/Friday:**

- 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**