

# APRIL | 2024



## Meal Prices:

Breakfast: \$2.25

Lunch: \$3.60

Adult: \$4.80

Extra Milk: \$0.50

## Shield Café Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>1</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables</p>	<p><b>2</b> Chicken or Cheese Quesadilla Refried Beans</p>	<p><b>3</b> Big Daddy's Pizza Mini Peppers</p>	<p><b>4</b> Beef and Broccoli with Brown Rice</p>	<p><b>5</b> Chicken Tender Basket with Waffle Fries</p>
<p><b>8</b> E- Learning Day!</p> 	<p><b>9</b> BYO Nacho Bar Refried Beans</p>	<p><b>10</b> Big Daddy's Pizza Carrots</p>	<p><b>11</b> French Toast Sausage Patty Hash Browns</p>	<p><b>12</b> Boneless Wing Bar Onion Rings</p>
<p><b>15</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables</p>	<p><b>16</b> Arroz con Pollo Refried Beans</p>	<p><b>17</b> Big Daddy's Pizza Celery</p>	<p><b>18</b> Chicken and Waffles Strawberry Sauce Sweet Potato Fries</p>	<p><b>19</b> Bosco Sticks Marinara Sauce Corn</p>
<p><b>22</b> Asian Bar Edamame</p>	<p><b>20</b> Chicken or Cheese Quesadilla Cauliflower</p>	<p><b>21</b> Big Daddy's Pizza Mini Peppers</p>	<p><b>2</b> Beef and Broccoli with Brown Rice</p>	<p><b>26</b> Chicken Tender Basket with Waffle Fries</p>
<p><b>29</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables</p>	<p><b>30</b> BYO Nacho Bar Refried Beans</p>	<p><b>1</b> Big Daddy's Pizza Carrots</p>	<p><b>2</b> French Toast Sausage Patty Hash Browns</p>	<p><b>3</b> Boneless Wing Bar Onion Rings</p>

### 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**