

**Meal Prices:**

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

# MAY | 2024

## Shield Cafe Lunch Menu



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>29</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables	<b>30</b> BYO Nacho Bar Refried Beans	<b>1</b> Big Daddy's Pizza Carrots	<b>2</b> French Toast Sausage Patty Hash Browns	<b>3</b> Boneless Wing Bar Onion Rings
<b>6</b> Asian Bar Edamame	<b>7</b> Arroz con Pollo Refried Beans	<b>8</b> Big Daddy's Pizza Celery	<b>9</b> Chicken and Waffles Strawberry Sauce Sweet Potato Fries	<b>10</b> Bosco Sticks Marinara Sauce Corn
<b>13</b> Turkey Slices Dinner Roll Mashed Potatoes	<b>14</b> BYO Nacho Bar Black Beans	<b>15</b> Big Daddy's Pizza Mini Peppers	<b>16</b> Teriyaki Meatballs Brown Rice Broccoli	<b>17</b> General Tso Chicken Fried Rice Cauliflower
<b>20</b> Assorted Chicken Mashed Potatoes	<b>21</b> Arroz Con Pollo Broccoli	<b>22</b> Italian Day: Pasta, Pizza, Chili Breadstick Italian Style Vegetables	<b>23</b> Last Day of School! Assorted Sandwiches Assorted Vegetables	<b>Summer 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
- 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**



# Summer Break