

Meal Prices:

Breakfast: \$2.25

Lunch: \$3.60

Adult: \$4.80

Extra Milk: \$0.50

AUGUST | 2024

Shield Café Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Summer Break

8 Chicken Tender Basket w/ Curly Fries

9 Calzones Side Salad

12 Pasta Bar
Cheesy Breadsticks
Italian Style Vegetables

13 BYO Nacho Bar
Refried Beans

14 Big Daddy's Pizza
Carrots

15 Chicken and Waffles
Cauliflower

16 Mozzarella Sticks^V
Marinara Sauce
Green Beans

19 Asian Bar
Broccoli

20 Arroz con Pollo
Refried Beans

21 Big Daddy's Pizza
Mini Peppers

22 Brunch for Lunch
French Toast,
Sausage, Hash Browns

23 Bosco Sticks^V
Marinara Sauce
Celery

26 Pasta Bar
Cheesy Breadsticks
Italian Style Vegetables

27 Chicken or Cheese^V
Quesadilla
Refried Beans

28 Big Daddy's Pizza
Grape Tomatoes

29 Chicken Tender Basket
w/ Curly Fries

30 Calzones
Side Salad

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:

- **New!! *LINE D: SALAD BAR***
- Peanut-Free Wowbutter and Jelly Sandwich^V
- Assorted Chicken Sandwiches
- Hamburger/Cheeseburger
- Grilled Cheese^V

Tuesday/Thursday:

- Ranch Chicken Finger Wrap

Monday/Wednesday/Friday:

- 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