

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

# SEPTEMBER | 2024



## Shield Café Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> No School! 	<b>3</b> BYO Nacho Bar Refried Beans	<b>4</b> Big Daddy's Pizza Carrots	<b>5</b> Chicken and Waffles Cauliflower	<b>6</b> Mozzarella Sticks <sup>V</sup> Marinara Sauce Green Beans
<b>9</b> Asian Bar Broccoli	<b>10</b> Arroz con Pollo Refried Beans	<b>11</b> Big Daddy's Pizza Mini Peppers	<b>12</b> Brunch for Lunch French Toast, Sausage, Hash Browns	<b>13</b> Bosco Sticks <sup>V</sup> Marinara Sauce Celery
<b>16</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables	<b>17</b> Chicken or Cheese <sup>V</sup> Quesadilla Refried Beans	<b>18</b> Big Daddy's Pizza Grape Tomatoes	<b>19</b> Chicken Tender Basket w/ Curly Fries	<b>20</b> Calzones Side Salad
<b>23</b> Asian Bar Broccoli	<b>24</b> BYO Nacho Bar Refried Beans	<b>25</b> Big Daddy's Pizza Carrots	<b>26</b> Chicken and Waffles Cauliflower	<b>27</b> Mozzarella Sticks <sup>V</sup> Marinara Sauce Green Beans
<b>30</b> Pasta Bar Cheesy Breadsticks Italian Style Vegetables	<b>1</b> Arroz con Pollo Refried Beans	<b>2</b> Big Daddy's Pizza Mini Peppers	<b>3</b> Brunch for Lunch French Toast, Sausage, Hash Browns	<b>4</b> Bosco Sticks <sup>V</sup> Marinara Sauce Celery

### 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<sup>V</sup>
- Assorted Chicken Sandwiches
- Hamburger/Cheeseburger
- Grilled Cheese<sup>V</sup>

#### Tuesday/Thursday:

- Ranch Chicken Finger Wrap

#### 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**