



OCTOBER | 2024

Shield Café Lunch Menu

Meal Prices:

Breakfast: \$2.25

Lunch: \$3.60

Adult: \$4.80

Extra Milk: \$0.50

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

30 Pasta Bar
Cheesy Breadsticks
Italian Style Vegetables

1 Arroz con Pollo
Refried Beans

2 Big Daddy's Pizza
Mini Peppers

3 Brunch for Lunch
French Toast, Sausage,
Hash Browns

4 Bosco Sticks^V
Marinara Sauce
Celery

7 Asian Bar
Broccoli

8 Chicken or Cheese^V
Quesadilla
Refried Beans

9 Big Daddy's Pizza
Grape Tomatoes

10 Chicken Tender
Basket w/ Curly Fries

11 Calzones
Side Salad

Fall Break

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