

OCTOBER | 2022

Shield Cafe Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Fall Break



17 Boneless Wing Bar
Onion Rings
Celery

Alt Choices:
Hamburger/ Cheeseburger

18 Chicken Alfredo
With Garlic Bread
Broccoli

Alt Choices:
Asst Chicken Sandwiches

19 Big Daddy's Pizza
Carrots

Alt Choice:
Hamburger/ Cheeseburger

20 Chicken Drumsticks
Biscuit
Mashed Potatoes

Alt Choices:
Asst Chicken Sandwiches

21 Bosco Sticks with
Marinara Sauce
Baked Beans

Alt Choices:
Hamburger/ Cheeseburger

24 French Toast Sticks
Sausage Patty
Sweet Potato Wedges

Alt Choices:
Hamburger/ Cheeseburger

25 General Tso's
Chicken
Fried Rice
Edamame

Alt Choices:
Asst Chicken Sandwiches

26 Big Daddy's Pizza
Broccoli

Alt Choice:
Hamburger/ Cheeseburger

27 Popcorn Chicken
Bowl w/ Biscuit Stick
Corn

Alt Choices:
Asst Chicken Sandwiches

28 Chicken Tenders w/ a
Dinner Roll
Green Beans

Alt Choices:
Hamburger/ Cheeseburger

31 Orange Chicken
with Fried Rice
Broccoli

Alt Choices:
Hamburger/ Cheeseburger

1 Build Your Own
Nachos
Refried Beans

Alt Choices:
Asst Chicken Sandwiches

2 Big Daddy's Pizza
Cauliflower

Alt Choice:
Hamburger/ Cheeseburger

3 Chicken and Waffles
Strawberry Topping
Mini Peppers

Alt Choices:
Asst Chicken Sandwiches

4 Mini Corn Dogs
Curly Fries

Alt Choices:
Hamburger/ Cheeseburger

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

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Fruit and Yogurt Parfait^V
- Chef Salads

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

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50