

# MAY | 2023

## Shield Cafe Lunch Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>1</b> Chicken Fries Mac and Cheese Carrots <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p><b>2</b> Chicken Drumstick Biscuit Mashed Potatoes <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>3</b> Big Daddy's Pizza Celery <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p><b>4</b> General Tso's Chicken Vegetable Fried Rice Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>5</b> Build Your Own Nachos Refried Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p><b>8</b> Pulled Pork Sandwich Carrots <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p><b>9</b> Mini Corn Dogs Curly Fries <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>1</b> Big Daddy's Pizza Cauliflower <u>Alt Choice:</u> Hamburger/ Cheeseburger</p>	<p><b>11</b> Orange Chicken Vegetable Fried Rice Broccoli <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>12</b> Bosco Sticks with Marinara Sauce Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p><b>15</b> Assorted Chicken Corn Bread Baked Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p><b>16</b> Chili Cheese Fries <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>17</b> Big Daddy's Pizza Carrots <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p><b>18</b> Chicken Pot Pie Green Beans <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>19</b> Pasta Bar Garlic Bread Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>
<p><b>22</b> Assorted Chinese Chicken Fried Rice Broccoli <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p><b>23</b> Roast Beef and Cheddar Sandwich Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches</p>	<p><b>24</b> Meatball Sub Sandwich Green Beans <u>Alt Choices:</u> Hamburger/ Cheeseburger</p>	<p><b>25</b></p>	<p><b>26</b></p>

### 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<sup>v</sup>
- Fruit and Yogurt Parfait<sup>v</sup>
- Chef Salads

\*Chef Salads and Parfaits May not be available towards the end of the month to limit food waste

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

# Summer Break!