

MAY | 2023

Shield Cafe Lunch Menu



MONDAY

1 Chicken Fries
Mac and Cheese
Carrots
Alt Choices:
Hamburger/ Cheeseburger

8 Pulled Pork
Sandwich
Carrots
Alt Choices:
Hamburger/ Cheeseburger

TUESDAY

2 Chicken Drumstick
Biscuit
Mashed Potatoes
Alt Choices:
Asst Chicken Sandwiches

9 Mini Corn Dogs
Curly Fries
Alt Choices:
Asst Chicken Sandwiches

WEDNESDAY

3 Big Daddy's Pizza
Celery
Alt Choice:
Hamburger/ Cheeseburger

1 Big Daddy's Pizza
Cauliflower
Alt Choice:
Hamburger/ Cheeseburger

THURSDAY

4 General Tso's Chicken
Vegetable Fried Rice
Broccoli
Alt Choices:
Asst Chicken Sandwiches

11 Orange Chicken
Vegetable Fried Rice
Broccoli
Alt Choices:
Asst Chicken Sandwiches

FRIDAY

5 Build Your Own
Nachos
Refried Beans
Alt Choices:
Hamburger/ Cheeseburger

12 Bosco Sticks with
Marinara Sauce
Baked Beans
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

Special Menu!!

24
Last Day of School!
Special Menu!!

25

26

Summer Break!