

NOVEMBER | 2020



Shield Café Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 2 Hamburger/Cheeseburger On Bun Alt. Choices Grilled Chicken Bacon Ranch Sub with Lettuce & Tomato Peanut-Free Wowbutter & Jelly Sandwich | 3 Pizza Crunchers With Marinara Sauce Alt. Choices Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich | 4 Orange Chicken Rice Bowl With Egg Roll Alt. Choices Chef Salad with Grain Peanut-Free Wowbutter & Jelly Sandwich | 5 Chicken Bites With Dinner Roll Alt. Choices Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich | 6 Pepperoni or Cheese Pizza Alt. Choice Chef Salad with Grain Peanut-Free Wowbutter & Jelly Sandwich |
| 9 Bosco Sticks With Marinara Sauce Alt. Choices Philly Steak & Cheese Sub Peanut-Free Wowbutter & Jelly Sandwich | 10 Rotini w/Meat Sauce & Garlic Bread Alt. Choices Spicy Chicken Sandwich Grilled Cheese Sandwich | 11 Boneless Chicken Wings With Dinner Roll Green Beans Alt. Choices Chef Salad with Grain Peanut-Free Wowbutter & Jelly Sandwich | 12 All-Beef Hot Dog Baked Beans Alt. Choices Breaded Chicken Sandwich Grilled Cheese Sandwich | 13 Country Fried Steak Sandwich Steamed Broccoli & Cheese Alt. Choices Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich |
| 16 Pepperoni Calzone Steamed Corn Alt. Choices Philly Steak & Cheese Sub Peanut-Free Wowbutter & Jelly Sandwich | 17 Popcorn Chicken With Biscuit Mashed Potatoes Alt. Choices Spicy Chicken Sandwich Grilled Cheese Sandwich | 18 Hamburger on Bun Baked Beans Alt. Choices Chef Salad with Grain Peanut-Free Wowbutter & Jelly Sandwich | 19 Mini Corndogs Roasted Carrots Alt. Choices Breaded chicken Sandwich Grilled Cheese Sandwich | 20 Cheesy French Bread Pizza Side Salad Alt. Choices Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich |
| 23 Mozzarella Sticks With Marinara Sauce Steamed Corn Alt. Choices Philly Steak & Cheese Sub Peanut-Free Wowbutter & Jelly Sandwich | 24 Beef Queso Dip With Tortilla Chips Refried Beans Snickerdoodle Cookie Alt. Choices Spicy Chicken Sandwich Grilled Cheese Sandwich | 25 Thanksgiving Break No School | 26 Thanksgiving Break No School | 27 Thanksgiving Break No School |
| 30 Breaded Chicken Wrap Alt. Choices Philly Steak & Cheese Sub Peanut-Free Wowbutter & Jelly Sandwich | 1 | 2 | 3 | 4 <u>Lunch Prices</u> Regular - \$3.10 Reduced - \$0.40 Adult- \$3.75 Milk (a la carte) -\$0.50 |

News

FREE MEALS! **Exciting news!**

The USDA has approved a nationwide waiver due to the ongoing COVID-19 pandemic that provides ALL students regardless to socioeconomic status, FREE meals at school. Take advantage and fuel your child at no cost! A la Carte prices still apply.

Build a Meal

Choose 3-5 meal components to build a healthy balanced meal: Protein-Whole Grain-Vegetable-Fruit-Milk

- Pick a lunch entrée
- Pick 1-2 fruit choices
- Pick 1-2 veggie choices
- Pick a milk choice

Meals **MUST** include at least 1 fruit and/or veggie to qualify for meal pricing. Hummus & Ranch Cup offered daily with fresh veggies

Students & Staff is our #1 priority. We've made several changes to ensure eating with us as safe as possible. All Food will be wrapped and packaged. All food, milk, condiments and utensils will be placed on the trays and handed to students by the server. Social distancing will be maintained through the serving lines. Touchless barcode scanners used, cash and checks will not be accepted in the line – money must be loaded online at SchoolPay or turned into cafeteria lock box prior to meal service.