

OCTOBER | 2020



Shield Café Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 <u>LUNCH PRICES</u> Regular - \$3.10 Reduced - \$0.40 Adult - \$3.75 Milk (a la carte) \$0.50</p>	<p>29</p>	<p>30</p>	<p>1 Bosco or Pepperoni Bosco Sticks With Marinara Sauce <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>2 Breaded or Spicy Chicken Sandwich <u>Alt. Choices</u> Chef Salad With Grain Peanut-Free Wowbutter & Jelly Sandwich</p>
<p>5 Hamburger/Cheeseburger On Bun <u>Alt. Choices</u> Grilled Chicken Bacon Ranch Sub With Lettuce & Tomato Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>6 Pizza Crunchers With Marinara Sauce <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>7 Orange Chicken Rice Bowl With Egg Roll <u>Alt. Choices</u> Chef Salad With Grain Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>8 Chicken Bites With Dinner Roll <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>9 Pepperoni or Cheese Pizza Wedge <u>Alt. Choices</u> Chef Salad With Grain Peanut-free Wowbutter & Jelly Sandwich</p>
<p>12 Fall Break No School</p>	<p>13 Fall Break No School</p>	<p>14 Fall Break No School</p>	<p>15 Fall Break No School</p>	<p>16 Fall Break No School</p>
<p>19 Peperoni Pizza Calzones <u>Alt. Choices</u> Grilled Chicken Bacon Ranch Sub With Lettuce & Tomato Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>20 Beef & Cheese Nachos <u>Alt. Choices</u> Yogurt Parfait Peanut Free Wowbutter & Jelly Sandwich</p>	<p>21 French Toast Sticks With Sausage Patty <u>Alt. Choices</u> Chef Salad With Grain Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>22 Popcorn Chicken With Mac & Cheese <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>23 Cheese Bosco Sticks With Marinara Sauce <u>Alt. Choices</u> Chef Salad With Grain Peanut-Free Wowbutter & Jelly Sandwich</p>
<p>26 Stuff Crust Pepperoni Pizza <u>Alt. Choices</u> Grilled Chicken Bacon Ranch Sub With Lettuce & Tomato Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>27 Breaded or Spicy Chicken Tenders <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>28 Mini Corndogs With Baked Cheetos <u>Alt. Choices</u> Chef Salad With Grain Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>29 Bosco or Pepperoni Bosco Sticks With Marinara Sauce <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich</p>	<p>30 Breaded or Spicy Chicken Sandwich <u>Alt. Choices</u> Chef Salad With Grain Peanut-Free Wowbutter & Jelly Sandwich</p>

News

All entrees come with choices of assorted fruit, fresh vegetables and low fat white/chocolate milk.

BUILD A MEAL

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

*One choice must be at least 1/2c fruit and/or vegetable to make a meal.

*Students may choose up to 2 fruit choices and 2 vegetable choices offered daily

*All entrees include Protein & Grain

DAILY ALTERNATIVE CHOICES

All alternative entrees come with a choice of:
Low fat milk
Up to 2 fruits
Up to 2 veggies
Must get a least 1 fruit and/or Veggie to make a meal.

Hummus & Ranch Cup offered daily with fresh veggies.