



JANUARY | 2021

Shield Cafe Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 Winter Break No School
4 Breaded Chicken Wrap <u>Alt. Choices</u> Philly Steak & Cheese Sub Peanut-Free Wowbutter & Jelly Sandwich	5 Pizza Crunchers With Marinara Sauce <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich	6 Orange Chicken Rice Bowl With Egg Roll <u>Alt. Choices</u> Chef Salad with Grain Peanut Free Wowbutter & Jelly Sandwich	7 Virtual Day	8 Pepperoni or Cheese Pizza Steamed Corn <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wowbutter & Jelly Sandwich
11 Bosco Sticks With Marinara Sauce Green Beans <u>Alt. Choices</u> Philly Steak & Cheese Sub Peanut-Free Wowbutter & Jelly Sandwich	12 Rotini with Meat Sauce & Garlic Bread Steamed Broccoli <u>Alt. Choices</u> Spicy Chicken Sandwich Grilled Cheese Sandwich	13 Boneless Chicken Wings With Dinner Roll Baked Beans <u>Alt. Choices</u> Chef Salad with Grain Peanut Free Wowbutter & Jelly Sandwich	14 Virtual Day	15 Cheesy French Bread Pizza Side Salad <u>Alt. Choices</u> Yogurt Parfait Grilled Cheese Sandwich
18 Martin Luther King Day No School	19 Pepperoni Calzone Steamed Broccoli <u>Alt. Choices</u> Philly Steak & Cheese Sub Peanut Free Wowbutter & Jelly Sandwich	20 Mini Corndogs Baked Beans <u>Alt. Choices</u> Chef Salad with Grain Grilled Cheese Sandwich	21 Virtual Day	22 Hamburger or Cheeseburger On Bun Baked French Fries <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wow Butter & Jelly Sandwich
25 Mini Corndogs Steamed Corn <u>Alt. Choices</u> Philly Steak & Cheese Sub Peanut-Free Wow Butter & Jelly Sandwich	26 Popcorn Chicken With Dinner Roll Dipping Sauce Mashed Potatoes <u>Alt. Choices</u> Yogurt Parfait Spicy Chicken Sandwich	27 Pepperoni Calzone Steamed Broccoli <u>Alt. Choices</u> Chef Salad with Grain Grilled Cheese Sandwich	28 Virtual Day	29 Beef Queso Dip With Tortilla Chips Refried Beans <u>Alt. Choices</u> Yogurt Parfait Peanut-Free Wow Butter & Jelly Sandwich

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
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Meals MUST include at least 1 fruit and/or veggie to qualify for meal pricing.

Hummus & Ranch Cups offered daily with fresh veggies