

MAY | 2022

Shield Cafe Lunch Menu



MONDAY

2 Chicken Tenders with a Dinner Roll and Dipping Sauce
Broccoli
Alt Choices:
Hamburger/Cheeseburger

9 Chicken Nuggets with Mac and Cheese
Baked Beans
Alt Choices:
Hamburger/ Cheeseburger

16 Chicken Alfredo with a Breadstick
Broccoli
Alt Choices:
Hamburger/ Cheeseburger

23 Asst Chicken Pieces with a Dinner Roll
Broccoli
Alt Choices:
Hamburger/Cheeseburger

TUESDAY

3 Pork Rib Sandwich
Baked Beans
Alt Choices:
Asst Chicken Sandwiches

10 Brunch for Lunch
Carrots
Alt Choices:
Asst Chicken Sandwiches

17 Asian Chicken with Fried Rice
Carrots
Alt Choices:
Asst Chicken Sandwiches

24 Chili Cheese Fries with a Grain
Alt Choices:
Asst Chicken Sandwiches

WEDNESDAY

4 Pizza
Carrots
Alt Choice:
Hamburger/Cheeseburger

11 Pizza
Cauliflower
Alt Choice:
Hamburger/Cheeseburger

18 Soft Tacos
Refried Beans
Alt Choices:
Hamburger/Cheeseburger

21 Last Day of School!
Bosco Sticks
w/ Marinara Sauce
Asst Veggies
Alt Choices:
Hamburger/Cheeseburger

THURSDAY

5 Tot-Chos with a Grain
Alt Choices:
Asst Chicken Sandwiches

12 Chili Cheese Fries with a Grain
Alt Choices:
Asst Chicken Sandwiches

19 Chicken Tenders
Dinner Roll
Mashed Potatoes
Alt Choices:
Asst Chicken Sandwiches

26

FRIDAY

6 Bosco Sticks
w/ Marinara Sauce
Green Beans
Alt Choices:
Hamburger/Cheeseburger

13 Chicken Drumsticks
With a Biscuit
Broccoli
Alt Choices:
Hamburger/Cheeseburger

20 Pizza
Cucumbers
Alt Choice:
Hamburger/Cheeseburger

27

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

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.

Summer Break!

