

Shield Café Lunch Menu

October 15 – December 21, 2018

Week 1 V= Vegetarian Option available P= Contains Pork

Line	Monday	Tuesday	Wednesday	Thursday	Friday
A	Taste of Italy Pasta Bar ^V	Fiesta Taco Bar ^V	Asian Creation Bar ^V	Loaded Potato Bar ^V	Shield Special Sub Station ^V
B	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V
C	Popcorn Chicken Bowl w/ Dinner Roll, Mashed Potatoes, Corn	Cheesy Beef Italian Stromboli Sub, Sweet Corn	Chicken & Waffles w/ Blueberry Maple BBQ Sauce, Sweet Potato Fries	General Tso's Chicken Bowl, Veggie Egg Roll ^V	Mozzarella Cheese Sticks w/ Marinara Sauce ^V , Steamed Green Beans
D	Popcorn Chicken Bowl w/ Dinner Roll, Mashed Potatoes, Corn	Buffalo Chicken Mac, Steamed Green Beans	Big Daddy's Pepperoni or Cheese ^V Pizza, Waffle Fries	General Tso's Chicken Bowl, Veggie Egg Roll ^V	Roasted Turkey & Red Pepper Pesto Panini, Curly Fries
Fresh Express (all lines)	-Turkey Bacon Ranch Club Bistro Box -Yogurt Parfait Cup ^V	-Deli Club Bistro Box -Wowbutter Bistro Box ^V	-Buffalo Chicken Wrap Bistro Box -Yogurt Parfait Cup ^V	-Turkey Bacon Ranch Club Bistro Box -Wowbutter Bistro Box ^V	-Deli Turkey Bistro Box -Yogurt Parfait Cup ^V
*Hamburgers, Cheeseburgers, Breaded/Spicy/Grilled Chicken Patties available daily in sandwich warmers					
Snack Shack	Assortment of A la Carte items available daily				

Lunch Prices:
 Regular- \$ 2.95
 Reduced- \$0.40
 Adult- \$3.50
 Milk (a la carte)- \$0.50

Build a Meal:
 Choose 3-5 meal components to build a healthy, balanced meal:

- Protein
- Whole Grain
- Vegetable
- Fruit
- Low-fat Milk

-One component must be at least a **1/2 c fruit and/or vegetable** to make a meal.
 -Students may choose up to 2 fresh vegetable choices and 2 fruit choices, offered daily.
 - FREE water available to every student. Students may deny milk.

Week 2

Line	Monday	Tuesday	Wednesday	Thursday	Friday
A	Taste of Italy Pasta Bar ^V	Fiesta Taco Bar ^V	Asian Creation Bar ^V	Loaded Potato Bar ^V	Shield Special Sub Station ^V
B	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V
C	Chicken Quesadilla, Steamed Corn	French Toast Sticks ^V w/ Sausage, Hash Brown Patties	Chicken Parmesan & Garlic Twist, Steamed Green Beans	Mandarin Orange Chicken Bowl, Veggie Egg Roll	Bosco Sticks w/ Marinara Sauce ^V , Curly Fries
D	Mini Honey Chicken Corndogs w/ Soft Pretzel & Cheese, Baked Beans	French Toast Sticks ^V w/ Sausage, Hash Brown Patties	Honey Sriracha Chicken Bowl, Steamed Broccoli	Cajun Chicken Alfredo w/ Garlic Twist, Steamed Crinkle Carrots	Garlic French Bread Pizza ^V , Italian Green Beans
Fresh Express (all lines)	-Turkey Bacon Ranch Club Bistro Box -Yogurt Parfait Cup ^V	-Buffalo Chicken Wrap Bistro Box -Wowbutter Bistro Box ^V	-Deli Club Bistro Box -Yogurt Parfait Cup ^V	-Turkey Bacon Ranch Club Bistro Box -Wowbutter Bistro Box ^V	-Buffalo Chicken Wrap Bistro Box -Yogurt Parfait Cup ^V
*Hamburgers, Cheeseburgers, Breaded/Spicy/Grilled Chicken Patties available daily in sandwich warmers					
Snack Shack	Assortment of A la Carte items available daily				

October				
<i>Fall Break</i>				
15	15	17	18	19
22	23	24	25	26
29	30	31	1	2

November				
5	6	7	8	9
12	13	14	15	16
19	20	<i>Thanksgiving Break</i>		
26	27	28	29	30

December				
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
<i>Winter Break</i>				