

# Shield Café Lunch Menu

May 6 – May 30, 2019

**Week 1**    <sup>V</sup>= Vegetarian Option available    <sup>P</sup>= Contains Pork

Line	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	Taste of Italy Pasta Bar <sup>V</sup>	Fiesta Taco Bar <sup>V</sup>	Asian Creation Bar <sup>V</sup>	Loaded Potato Bar <sup>V</sup>	Shield Special Sub Station <sup>V</sup>
<b>B</b>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>
<b>C</b>	Chicken & Dutch Waffle <sup>V</sup> w/ Strawberry Topping, Sweet Potato Fries	Spicy Chicken, Mac & Cheese, <sup>V</sup> Steamed Broccoli	Mini Honey Corndogs w/ Soft Pretzel & Cheese, Baked Beans	General Tso's Chicken, Fried Rice, Egg Roll <sup>V</sup> , Stir-fry Veggies	Stuffed Crust Cheese <sup>V</sup> or Pepperoni <sup>P</sup> Pizza, Steamed Corn
<b>D</b>	Mandarin Orange Chicken, Fried Rice, Egg Roll <sup>V</sup> , Stir-fry Veggies	BBQ Pulled Pork <sup>P</sup> Ciabatta, Creamy Cole Slaw	Chicken Quesadilla w/ Salsa Cup, Sweet Corn	General Tso's Chicken, Fried Rice, Egg Roll <sup>V</sup> , Stir-fry Veggies	Baja Seasoned Fish Sticks <sup>V</sup> w/ Garlic Bread & Tartar Sauce, Waffle Fries
<b>Fresh Express (all lines)</b>	-Turkey Bacon Ranch Club Bistro Box -Yogurt Parfait Cup <sup>V</sup>	-Deli Club Bistro Box -Wowbutter Bistro Box <sup>V</sup>	-Chicken Bacon Sub Bistro Box -Yogurt Parfait Cup <sup>V</sup>	-Turkey Bacon Ranch Club Bistro Box -Wowbutter Bistro Box <sup>V</sup>	-Deli Turkey Bistro Box -Yogurt Parfait Cup <sup>V</sup>
*Hamburgers, Cheeseburgers, Breaded/Spicy/Grilled Chicken Patties available daily in sandwich warmers					
<b>Snack Shack</b>	Assortment of A la Carte items available daily				

## Week 2

Line	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	Taste of Italy Pasta Bar <sup>V</sup>	Fiesta Taco Bar <sup>V</sup>	Asian Creation Bar <sup>V</sup>	Loaded Potato Bar <sup>V</sup>	Shield Special Sub Station <sup>V</sup>
<b>B</b>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>	Salad Bar <sup>V</sup>
<b>C</b>	Assorted Chicken w/ Mini Biscuit, Mashed Potatoes & Corn	Sweet & Sour Chicken, Fried Rice, Egg Roll <sup>V</sup> , Stir-fry Veggies	Country Fried Steak w/ Dinner Roll, Mashed Potatoes & Gravy	Chicken Bite Basket w/ Dinner Roll, Tater Tots	French Toast Sticks <sup>V</sup> w/ Sausage, Hash Brown Patties
<b>D</b>	Assorted Chicken w/ Mini Biscuit, Mashed Potatoes & Corn	Pizza Bosco Sticks w/ Marinara Sauce <sup>V</sup> , Side Garden Salad	Beef Gyro Pita, Shoestring Fries	Chicken Bite Basket w/ Dinner Roll, Tater Tots	Mozzarella Cheese Sticks w/ Marinara Cup, Buffalo Cauliflower Bites
<b>Fresh Express (all lines)</b>	-Turkey Bacon Ranch Club Bistro Box -Yogurt Parfait Cup <sup>V</sup>	- Chicken Bacon Sub Bistro Box -Wowbutter Bistro Box <sup>V</sup>	-Deli Club Bistro Box -Yogurt Parfait Cup <sup>V</sup>	-Turkey Bacon Ranch Club Bistro Box -Wowbutter Bistro Box <sup>V</sup>	-Chicken Bacon Sub Bistro Box -Yogurt Parfait Cup <sup>V</sup>
*Hamburgers, Cheeseburgers, Breaded/Spicy/Grilled Chicken Patties available daily in sandwich warmers					
<b>Snack Shack</b>	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 ½ **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.

May				
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	