

Shield Café Lunch Menu

January 7 – March 8, 2019

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	Sweet & Sour Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	French Toast Sticks ^V w/ Sausage, Hash Brown Patties	Cheesy Beef Italian Stromboli Sub, Steamed Green Beans	Country Fried Steak w/ Mashed Potatoes & Gravy, Dinner Roll
D	Popcorn Chicken Bowl w/ Dinner Roll, Mashed Potatoes, Corn	Big Daddy's Pepperoni or Cheese ^V Pizza, Curly Fries	French Toast Sticks ^V w/ Sausage, Hash Brown Patties	Layered Enchiladas Suizas ^P , Sweet Corn	Mozzarella Cheese Sticks ^V w/ Marinara Sauce, 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				

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 w/ Salsa Cup, Sweet Corn	Spicy Guajillo Chicken Tenders, Mac & Cheese, Steamed Broccoli	Chicken & Waffles w/ Blueberry Syrup, Sweet Potato Fries	General Tso's Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Pizza Bosco Sticks w/ Marinara Sauce ^V , Curly Fries
D	Mini Honey Corndogs w/ Soft Pretzel & Cheese, Baked Beans	Mandarin Orange Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Chili Cheese Nachos w/ Tostitos Chips, Black Beans	General Tso's Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	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				

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.

January				
Winter Break				
7	8	9	10	11
14	15	16	17	18
MLK	22	23	24	25
28	29	E- Learning	31	1

February/ March				
4	5	6	7	8
11	12	13	14	15
President's Day	19	20	21	22
25	26	27	28	1
4	5	6	7	8