

Shield Café Lunch Menu

March 25 – May 3, 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	Chicken & Dutch Waffle ^V w/ Strawberry Topping, Sweet Potato Fries	Spicy Guajillo Chicken Tenders, Mac & Cheese ^V , Steamed Broccoli	Mini Honey Corndogs w/ Soft Pretzel & Cheese, Baked Beans	General Tso's Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Stuffed Crust Cheese ^V or Pepperoni ^P Pizza, Steamed Corn
D	Mandarin Orange Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	BBQ Pulled Pork ^P Ciabatta, Creamy Cole Slaw	Chicken Quesadilla w/ Salsa Cup, Sweet Corn	General Tso's Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Baja Seasoned Fish Sticks ^V w/ Garlic Bread & Tartar Sauce, Waffle 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 **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.

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	Popcorn Chicken w/ Mini Biscuit, Mashed Potatoes & Corn	Sweet & Sour Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Country Fried Steak w/ Dinner Roll, Mashed Potatoes & Gravy	Chicken Bite Basket w/ Dinner Roll, Tater Tots	French Toast Sticks ^V w/ Sausage, Hash Brown Patties
D	Popcorn Chicken w/ Mini Biscuit, Mashed Potatoes & Corn	Pizza Bosco Sticks w/ Marinara Sauce ^V , Side Garden Salad	Rotini & Meat Sauce w/ Garlic Twist, Steamed Green Beans	Beef Gyro Pita, Shoestring Fries	Mozzarella Cheese Sticks w/ Marinara Cup, Buffalo Cauliflower Bites
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				

March				
25	26	27	28	29
April				
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	1	2	3