

Shield Café Lunch Menu

July 31 - October 4, 2019

Week 1 V= Vegetarian Option available P= Contains Pork

Line	Monday	Tuesday	Wednesday	Thursday	Friday
A	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V
B	Popcorn Chicken w/ Mini Biscuit, Mashed Potatoes & Corn	Sweet & Sour Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Spicy Tex-Mex Buffalo Chicken Walking Taco, Steamed Corn	Chicken Bite Basket w/ Dinner Roll, Tater Tots	French Toast Sticks ^V w/ Sausage & Syrup, Emoji Spuds
C	Popcorn Chicken w/ Mini Biscuit, Mashed Potatoes & Corn	Pizza Bosco Sticks w/ Marinara Sauce ^V , Side Garden Salad	BBQ Pulled Pork ^P Ciabatta, Creamy Cole Slaw	Chicken Bite Basket w/ Dinner Roll, Tater Tots	French Toast Sticks ^V w/ Sausage & Syrup, Emoji Spuds
D	Pasta Bar ^V	Fiesta Taco Bar ^V	Asian Creation Bar ^V	Loaded Potato Bar ^V	Shield Sub Station ^V
Fresh Express (all lines)	-Chicken Bacon Ranch Sandwich -Yogurt Parfait Cup ^V	-Pretzel Deli Club Sandwich ^V -Wowbutter	-Turkey Bacon Ranch Sub -Yogurt Parfait Cup ^V	-Chicken Bacon Ranch Sandwich -Wowbutter Sandwich ^V	-Pretzel Deli Club -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- \$ 3.05
 Reduced- \$0.40
 Adult- \$3.60
 Milk (a la carte)- \$0.50

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk.

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

Protein-Whole Grain-Vegetable-Fruit-Milk

-One choice must be at least a ½ c **fruit and/or vegetable** to make a meal.

-Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.

-All entrees include: Protein + Grain

→ Bringing a lunch? Leave the sides to us!
 Choose Milk + Veggie + Fruit to complete your meal! (Free/reduced/paid lunch prices apply)

Week 2

Line	Monday	Tuesday	Wednesday	Thursday	Friday
A	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V	Salad Bar ^V
B	Chicken & Dutch Waffle ^V w/ Strawberry Topping, Sweet Potato Fries	Mini Honey Corndogs w/ Soft Pretzel & Cheese, Baked Beans	Ballpark Coney Dog, Curly Fries	General Tso's Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Stuffed Crust Cheese ^V or Pepperoni ^P Pizza, Steamed Corn
C	Mandarin Orange Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Spicy Chicken, Mac & Cheese, ^V Steamed Broccoli	Honey Sriracha Chicken Street Tacos, Curly Fries	General Tso's Chicken, Fried Rice, Egg Roll ^V , Stir-fry Veggies	Mozzarella Cheese Sticks ^V w/ Marinara Cup, Buffalo Cauliflower Bites
D	Pasta Bar ^V	Fiesta Taco Bar ^V	Asian Creation Bar ^V	Loaded Potato Bar ^V	Shield Sub Station ^V
Fresh Express (all lines)	-Chicken Bacon Ranch Sandwich -Yogurt Parfait Cup ^V	-Pretzel Deli Club Sandwich ^V -Wowbutter	-Turkey Bacon Ranch Sub -Yogurt Parfait Cup ^V	-Chicken Bacon Ranch Sandwich -Wowbutter Sandwich ^V	-Pretzel Deli Club -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				

August				
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	1	2	3	4

Menu Subject to Change

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