

# Shield Café Lunch Menu

January 6 – March 13, 2020

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

Line	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	Salad Bar <sup>V</sup> Cheese Bosco Sticks <sup>V</sup>	Salad Bar <sup>V</sup> Buffalo Chicken Pizza	Salad Bar <sup>V</sup> Deep Dish Cheese Pizza <sup>V</sup>	Salad Bar <sup>V</sup> Classic Pepperoni Pizza <sup>P</sup>	Salad Bar <sup>V</sup> Stuffed Crust Cheese Pizza <sup>V</sup>
<b>B</b>	Breaded Chicken Pieces w/ Mac & Cheese, Southern Green Beans	Chicken & Dutch Waffle <sup>V</sup> w/ Strawberry Topping, Sweet Potato Fries	Chicken Bite Basket w/ Dinner Roll, Tater Tots	Pizza Calzones or Italian Beef Calzone, Mixed Veggies	Fish & Chips: Fish Poppers w/ Dinner Roll, Cole Slaw & Waffle Fries
<b>C</b>	Spicy Guajilo Chicken Tenders w/ 3-Cheese Cavatappi, Garlic Roasted Broccoli	Mini Honey Corndogs w/ Cheesy Pretzel Stick, Baked Beans <sup>P</sup>	Chicken Bite Basket w/ Dinner Roll, Tater Tots	Chicken or Cheese <sup>V</sup> Quesadilla, Jalapeño Street Corn	Mozzarella Cheese Sticks <sup>V</sup> w/ Marinara, Buffalo Cauliflower Bites
<b>D</b>	Shield Sub Station <sup>V</sup> w/ Homemade Soup of the Day	Fiesta Taco Bar <sup>V</sup>	Asian Creation Bar	Loaded Potato Bar <sup>V</sup>	Taste of Italy Pasta Bar <sup>V</sup>
<b>Fresh Express (all lines)</b>	<ul style="list-style-type: none"> <li>Available <u>daily</u> in sandwich warmers: Hamburgers, Cheeseburgers, Breaded/Spicy Chicken Patties, Grilled Cheese</li> <li>Available <u>daily</u> in cold merchandisers: Yogurt Parfait Cup<sup>V</sup></li> </ul>				
<b>Snack Shack</b>	<ul style="list-style-type: none"> <li>Assortment of A la Carte items available for purchase daily (no charging allowed)</li> </ul>				

## Week 2

Line	Salad Bar <sup>V</sup>	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	Salad Bar <sup>V</sup> Cheese Bosco Sticks <sup>V</sup>	Salad Bar <sup>V</sup> Buffalo Chicken Pizza	Salad Bar <sup>V</sup> Deep Dish Cheese Pizza <sup>V</sup>	Salad Bar <sup>V</sup> Classic Pepperoni Pizza <sup>P</sup>	Salad Bar <sup>V</sup> Stuffed Crust Cheese Pizza <sup>V</sup>
<b>B</b>	Country Fried Steak w/ Country Gravy & Dinner Roll, Mashed Potatoes	General Tso's Chicken, Fried Rice, Egg Roll <sup>V</sup> , Stir-fry Veggies	Chicken Parmesan w/ Spaghetti & Garlic Toast, Garlic Roasted Broccoli	French Toast Sticks <sup>V</sup> w/ Sausage & Syrup, Hash Brown Patties	Chili Cheese Fries w/ Jalapeños & Dinner Roll
<b>C</b>	Wing Bar: Bone-In Chicken Wings, choice of sauce, Cheesy Garlic Bread, Baked Beans <sup>P</sup>	General Tso's Chicken, Fried Rice, Egg Roll <sup>V</sup> , Stir-fry Veggies	Home-style Chicken Pot Pie w/ Flaky Biscuit, Rosemary Potatoes	French Toast Sticks <sup>V</sup> w/ Sausage & Syrup, Hash Brown Patties	Cheese Pizza Crunchers <sup>V</sup> , Mixed Veggies
<b>D</b>	Shield Sub Station <sup>V</sup> w/ Homemade Soup of the Day	Fiesta Taco Bar <sup>V</sup>	Asian Creation Bar	Loaded Potato Bar <sup>V</sup>	Taste of Italy Pasta Bar <sup>V</sup>
<b>Fresh Express (all lines)</b>	<ul style="list-style-type: none"> <li>Available <u>daily</u> in sandwich warmers: Hamburgers, Cheeseburgers, Breaded/Spicy Chicken Patties, Grilled Cheese</li> <li>Available <u>daily</u> in cold merchandisers: Yogurt Parfait Cup<sup>V</sup></li> </ul>				
<b>Snack Shack</b>	<ul style="list-style-type: none"> <li>Assortment of A la Carte items available for purchase daily (no charging allowed)</li> </ul>				

Menu Subject to Change

This institution is an equal opportunity provider.

### 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)

### January

Mon	Tues	Wed	Thurs	Fri
6	7	8	9	10
13	14	15	16	17
<b>MLK</b>	21	22	23	24
27	28	29	30	31

### February

Mon	Tues	Wed	Thurs	Fri
3	4	5	6	7
10	11	12	13	14
<b>PRES</b>	18	19	20	21
24	25	26	27	28

### March

Mon	Tues	Wed	Thurs	Fri
2	3	4	5	6
9	10	11	12	13

**SPRING BREAK**