

# Shield Café Lunch Menu

March 30 – May 28, 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> Stuffed Crust Pepperoni <sup>P</sup>	Salad Bar <sup>V</sup> Double Stuffed Crust Pepperoni	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, Curly Fries	Bosco Cheese Sticks <sup>V</sup> w/ Marinara, Mixed Veggies	Tex-Mex Tachos (Tater Tot Nachos topped w/ beef, queso, jalapeño) & Dinner Roll
<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, Curly Fries	Chicken or Cheese <sup>V</sup> Quesadilla w/ Salsa, Jalapeño Street Corn	Cheese Pizza Crunchers <sup>V</sup> , Marinara Cup, Mixed Veggies
<b>D</b>	Taste of Italy Pasta Bar <sup>V</sup>	Fiesta Taco Bar <sup>V</sup>	Asian Creation Bar	Loaded Potato Bar <sup>V</sup>	Shield Sub Station <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<sup>V</sup></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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	Salad Bar <sup>V</sup> Stuffed Crust Pepperoni <sup>P</sup>	Salad Bar <sup>V</sup> Double Stuffed Crust Pepperoni	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	Pizza Calzones or Italian Beef Calzone, Seasoned Italian Green Beans
<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	Tangy BBQ Chicken Flatbread Pizza, Sweet Potato Fries	French Toast Sticks <sup>V</sup> w/ Sausage & Syrup, Hash Brown Patties	Mozzarella Cheese Sticks <sup>V</sup> w/ Marinara, Buffalo Cauliflower Bites
<b>D</b>	Taste of Italy Pasta Bar <sup>V</sup>	Fiesta Taco Bar <sup>V</sup>	Asian Creation Bar	Loaded Potato Bar <sup>V</sup>	Shield Sub Station <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<sup>V</sup></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)

### April

Mon	Tues	Wed	Thurs	Fri
30	31	1	2	3
6	7	E-Learn Day	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	1

### May

Mon	Tues	Wed	Thurs	Fri
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
Memorial Day	26	27	28	