



MARCH | 2021

Shield Cafe Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Pepperoni Stuffed Sandwiches Broccoli <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	2 Hamburger or Cheeseburger Baked Beans <u>Alt Choices</u> Yogurt Parfait Breaded Chicken Sandwich	3 Rotini and Meat Sauce & Garlic Breadstick Green Beans <u>Alt Choices</u> Chef Salad w/ grain Grilled Cheese Spicy Chicken Sandwich	4 Spicy or Regular Chicken Tenders w/ Dinner Roll French Fries <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	5 Bosco Sticks w/ Marinara Sauce Carrots <u>Alt Choices</u> Yogurt Parfait Breaded Chicken Sandwich
8 French Toast Sticks & Turkey Sausage Patty Hash Brown Rounds <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	9 Chicken Tenders and Dutch Waffles with Strawberry Topping Sweet Potato Crinkle Fries <u>Alt Choices</u> Yogurt Parfait Spicy Chicken Sandwich	10 Beef Queso Dip with Tortilla Chips Refried Beans <u>Alt Choices</u> Chef Salad w/ grain Grilled Cheese Spicy Chicken Sandwich	11 Teriyaki Chicken and Fried Rice Bowl Broccoli <u>Alt Choices</u> Spicy Chicken Sandwich Wow Butter and Jelly Sandwich	12 Cheesy Pizza Crunchers w/ Marinara Sauce Cucumbers <u>Alt Choices</u> Yogurt Parfait Breaded Chicken Sandwich
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK
22 SPRING BREAK	23 SPRING BREAK	24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK
29 Mini Corn Dogs Broccoli and Cheese <u>Alt Choices</u> Philly Steak and Cheese Sub Wow Butter and Jelly Sandwich	30 Pork Rib Sandwich French Fries <u>Alt Choices</u> Yogurt Parfait Breaded Chicken Sandwich	31 Taco Stick Refried Beans <u>Alt Choices</u> Chef Salad w/ grain Grilled Cheese Spicy Chicken Sandwich	1 Boneless Chicken Wings w/ Dinner Roll Cauliflower Bites <u>Alt Choices</u> Spicy Chicken Sandwich Wow Butter and Jelly Sandwich	2 Cheese or Pepperoni Pizza Baby Carrots <u>Alt Choices</u> Yogurt Parfait Breaded Chicken Sandwich

News

March is National Nutrition Month! This year's theme is "Personalize Your Plate". Per the Academy of Nutrition and Dietetics: "There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!"

The USDA Waiver is still in effect!

Build a Meal

Choose 3-5 meal components to build a healthy balanced meal.

- Pick an entrée
- Pick 1-2 fruit choices
- Pick 1-2 vegetable choices
- Pick a milk choice

Meals MUST include at least 1 fruit and/or vegetable to qualify for meal pricing.

A La Carte Pricing Still Applies

Free Water Available