

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

MAY | 2021

Shield Cafe Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mozzarella Sticks w/ Marinara Sauce Broccoli	4 French Toast Sticks w/ Turkey Sausage Patty Hashbrown Rounds	5 Popcorn Chicken w/ Dinner Roll Baked Beans	6 Orange Chicken w/ Fried Rice Cauliflower Bites	7 French Bread Pizza Carrots
10 Walking Tacos w/ Salsa Refried Beans	11 Grilled Chicken Sandwich Broccoli	12 Pulled Pork on a Bun Green Beans	13 Chicken Bites w/ Waffles and Strawberry Topping Sweet Potato Crinkle Cut Fries	14 Asst Pizza Corn
17 Bosco Sticks w/ Marinara Sauce Carrots	18 Meatball Sub Sandwiches Celery Sticks	19 Beef or Pork Nachos Broccoli	20 Cheeseburger Sliders French Fries	21 Regular or Spicy Chicken Tenders w/ Dipping Sauce Macaroni and Cheese Baked Beans
24 Turkey Deli Wrap Broccoli	25 General Tso's Chicken w/ Fried Rice Edamame	26 Rotini and Meat Sauce w/ Garlic Bread Green Beans	27 Mini Corn Dogs w/ Dinner Roll French Fries	28 Calzones Mixed Peppers
31 No School! Memorial Day 	1	2	3	4

News

Alternative Menu:

Monday:

- Philly Steak and Cheese Sub
- Wow Butter and Jelly Sandwich

Tuesday:

- Spicy Chicken Sandwich
- Grilled Cheese

Wednesday:

- Chef Salad
- Wow Butter and Jelly Sandwich

Thursday:

- Breaded Chicken Sandwich
- Grilled Cheese

Friday:

- Yogurt Parfait
- Wow Butter and Jelly Sandwich
- Grilled Cheese

The USDA Waiver is still in effect!

A La Carte Pricing Still Applies