



JANUARY | 2022

Shield Cafe Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 3 Chicken Tenders with Dinner Roll and Dipping Sauce Broccoli <u>Alt Choices:</u> Hamburger/Cheeseburger | 4 Pork Rib Sandwich Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches | 5 Pizza by the Slice Carrots <u>Alt Choice:</u> Hamburger/Cheeseburger | 6 Loaded French Fries <u>Alt Choices:</u> Asst Chicken Sandwiches | 7 Bosco Sticks w/ Marinara Sauce Green Beans <u>Alt Choices:</u> Hamburger/Cheeseburger |
| 10 Chicken Nuggets with Mac and Cheese Mini Peppers <u>Alt Choices:</u> Hamburger/Cheeseburger | 11 French Toast Sticks with Turkey Sausage Tater Tots <u>Alt Choices:</u> Asst Chicken Sandwiches | 12 Pizza by the Slice Cauliflower <u>Alt Choice:</u> Hamburger/Cheeseburger | 13 Tacos Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches | 14 Mini Corn Dogs Broccoli <u>Alt Choices:</u> Hamburger/Cheeseburger |
| 17 NO SCHOOL  MLK MARTIN LUTHER KING JR. DAY | 18 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches | 19 Pizza by the Slice Celery <u>Alt Choice:</u> Hamburger/Cheeseburger | 20 Rotini and Meat Sauce With a Dinner Roll Carrots <u>Alt Choices:</u> Asst Chicken Sandwiches | 21 Chicken and Waffles Strawberry Topping Broccoli <u>Alt Choices:</u> Hamburger/Cheeseburger |
| 24 Chicken Tenders with Dinner Roll and Dipping Sauce Broccoli <u>Alt Choices:</u> Hamburger/Cheeseburger | 25 Pork Rib Sandwich Baked Beans <u>Alt Choices:</u> Asst Chicken Sandwiches | 26 Pizza by the Slice Cucumber Slices <u>Alt Choice:</u> Hamburger/Cheeseburger | 27 Loaded French Fries <u>Alt Choices:</u> Asst Chicken Sandwiches | 28 Bosco Sticks w/ Marinara Sauce Green Beans <u>Alt Choices:</u> Hamburger/Cheeseburger |
| 30 Chicken Nuggets with Mac and Cheese Mini Peppers <u>Alt Choices:</u> Hamburger/Cheeseburger | 1 French Toast Sticks with Turkey Sausage Tater Tots <u>Alt Choices:</u> Asst Chicken Sandwiches | 2 Pizza by the Slice Cauliflower <u>Alt Choice:</u> Hamburger/Cheeseburger | 3 Tacos Refried Beans <u>Alt Choices:</u> Asst Chicken Sandwiches | 4 Mini Corn Dogs Broccoli <u>Alt Choices:</u> Hamburger/Cheeseburger |

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Fruit and Yogurt Parfait^v
- Chef Salads

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

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

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.