



MARCH | 2023

Shield Cafe Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Spring Break

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

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50

27 Pulled Pork Sandwich
Carrots
Alt Choices:
Hamburger/ Cheeseburger

28 Mini Corn Dogs
Curly Fries
Alt Choices:
Asst Chicken Sandwiches

29 Big Daddy's Pizza
Cauliflower
Alt Choice:
Hamburger/ Cheeseburger

30 Orange Chicken
Vegetable Fried Rice
Broccoli
Alt Choices:
Asst Chicken Sandwiches

31 Bosco Sticks with
Marinara Sauce
Baked Beans
Alt Choices:
Hamburger/ Cheeseburger