

# APRIL | 2023

## Shield Cafe Lunch Menu



### MONDAY

**3 Sweet and Sour Meatballs  
Brown Rice  
Broccoli**  
Alt Choices:  
Hamburger/ Cheeseburger

**10 Chicken Fries  
Mac and Cheese  
Carrots**  
Alt Choices:  
Hamburger/ Cheeseburger

**17 Pulled Pork Sandwich  
Carrots**  
Alt Choices:  
Hamburger/ Cheeseburger

**24 Sweet and Sour Meatballs  
Brown Rice  
Broccoli**  
Alt Choices:  
Hamburger/ Cheeseburger

### TUESDAY

**4 Chicken and Waffles  
Strawberry Topping  
Grape Tomatoes**  
Alt Choices:  
Asst Chicken Sandwiches

**11 Chicken Drumstick  
Biscuit  
Mashed Potatoes**  
Alt Choices:  
Asst Chicken Sandwiches

**18 Mini Corn Dogs  
Curly Fries**  
Alt Choices:  
Asst Chicken Sandwiches

**2 Chicken and Waffles  
Strawberry Topping  
Grape Tomatoes**  
Alt Choices:  
Asst Chicken Sandwiches

### WEDNESDAY

**5 Big Daddy's Pizza  
Baked Beans**  
Alt Choice:  
Hamburger/ Cheeseburger

**12 Big Daddy's Pizza  
Celery**  
Alt Choice:  
Hamburger/ Cheeseburger

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

**26 National Pretzel Day!  
Hot Beef and Cheddar on a Pretzel Bun  
Baked Beans**  
Alt Choice:  
Hamburger/ Cheeseburger

### THURSDAY

**6 Country Fried Steak  
Biscuit  
Mashed Potatoes**  
Alt Choices:  
Asst Chicken Sandwiches

**6 General Tso's Chicken  
Vegetable Fried Rice  
Broccoli**  
Alt Choices:  
Asst Chicken Sandwiches

**20 Orange Chicken  
Vegetable Fried Rice  
Broccoli**  
Alt Choices:  
Asst Chicken Sandwiches

**27 Big Daddy's Pizza  
Carrots**  
Alt Choices:  
Asst Chicken Sandwiches

### FRIDAY

**7 Boneless Wing Bar  
Onion Rings  
Celery**  
Alt Choices:  
Hamburger/ Cheeseburger

**14 Build Your Own Nachos  
Refried Beans**  
Alt Choices:  
Hamburger/ Cheeseburger

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

**2 Boneless Wing Bar  
Onion Rings  
Celery**  
Alt Choices:  
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<sup>V</sup>
- Fruit and Yogurt Parfait<sup>V</sup>
- 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