

Sacred Heart Elementary School

January 2022

We are an equal opportunity provider and employer!

Menu subject to change

| January 3 | January 4 | January 5 | January 6 | January 7 | <p>Vegetarian Menu</p> <p><i>Build a Better Breakfast</i> Start with 1 or 2 Fruits Include: 1 or 2 Grains Your meal must have a Fruit + 2 components Breakfast includes an assortment of fresh and canned fruits daily.</p> <hr/> <p>FF Chocolate, 1% White Milk Price .35</p> <hr/> <p>Adult Prices \$2.65</p> <p>WHAT A DEAL! Eat with us!</p> <hr/> <p><i>Build a DELICIOUS Lunch</i> Start with 1-2 Fruits and/or 1-2 Vegetables</p> <p><i>Include: Entrée of Meat and Whole Grains and a Choice of Milk</i> Your meal must include:</p> <p>1/2 cup vegetable and or 1/2 cup of fruit+G38:K38</p> <hr/> <p>Adult Price \$3.65</p> | | | | | | | | | | | | | | | | | | | | |
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| <p>Breakfast Cereal, Pop Tart or Nutrigran Bar Diced Peaches Orange or Apple Juice Assorted Milk</p> <p>Lunch Grilled Cheese Tator Tots & Veggie Tray Diced Peaches Assorted Milk</p> | <p>Breakfast Blueberry Muffins Applesauce Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Chicken Nugget Sandwich Corn & Romaine Salad Fruit Cocktail Assorted Milk</p> | <p>Breakfast Pancakes w/Syrup Banana's Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Burger Baked Beans & Carrots/Celery Diced Pears Assorted Milk</p> | <p>Breakfast Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Nuggets w/Roll Mash Potatoe's & Mixed Veggies Mandarin Oranges Assorted Milk</p> | <p>Breakfast Cereal & Fruit Grain Bar or Pop Tart Applesauce Orange or Apple Juice Assorted Milk</p> <p>Lunch Cheese Sticks w/Marinara Sauce Green Beans & Carrots Applesauce Assorted Milk</p> | | <p>Breakfast Cereal, Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk</p> <p>Lunch Nachos w/Cheese & Salsa Refried Beans & Corn Lettuce & Tomato & Diced Peaches Assorted Milk</p> | <p>Breakfast Cinnamon Roll w/Drizzle Frosting Applesauce Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Nuggets w/Roll French Fries & Carrots Mandarin Oranges Assorted Milk</p> | <p>Breakfast Pancakes w/Syrup Oranges Orange or Apple Juice Assorted Milk</p> <p>Lunch Cheese Ravioli W/Sauce Green Beans, Salad & Breadsticks Applesauce Assorted Milk</p> | <p>Breakfast Cereal, Pop Tart or String Cheese Bananas Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Nuggets w/Roll Tator Tots & Fresh Broccoli Fruit Cocktail Assorted Milk</p> | <p>Breakfast French Toast Sticks w/Syrup Applesauce Orange or Apple Juice Assorted Milk</p> <p>Lunch Pizza Mixed Veggies & Romaine Salad Diced Pears Assorted Milk</p> | <p>No School Martin Luther King Jr. Day</p> | <p>Breakfast Blueberry Muffins Applesauce Orange or Apple Juice Assorted Milk</p> <p>Lunch Spaghetti w/Veggie Meat Sauce Broccoli & Romaine Salad Fruit Cocktail Assorted Milk</p> | <p>Breakfast Pancakes w/Syrup Banana's Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Meat Tacos w/Salsa Lettuce Tomato, Ref.Beans & Corn Mandarin Oranges Assorted Milk</p> | <p>Breakfast Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk</p> <p>Lunch Grilled Cheese Sandwich Tomato Soup & Carrots w/dip Mandarin Oranges Assorted Milk</p> | <p>Breakfast Cereal & Fruit Grain Bar or Pop Tart Applesauce Orange or Apple Juice Assorted Milk</p> <p>Lunch Baked Macaroni & Cheese w/Roll Green Beans & Carrots Fruit Cocktail Assorted Milk</p> | <p>Breakfast Cereal & Pop Tart or Yogurt Diced Peaches Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Nuggets w/Roll French Fries & Broccoli Applesauce Assorted Milk</p> | <p>Breakfast Cinnamon Roll w/Drizzle Frosting Lettuce & Tomato, Carrots & Chips Pineapple Tidbits Assorted Milk</p> <p>Lunch Cheese Sandwich Corn & Romaine Salad Fruit Cocktail Assorted Milk</p> | <p>Breakfast Pancakes w/Syrup Oranges Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Tacos w/Salsa Lettuce & Tomato & Mixed Veggies Mandarin Oranges Assorted Milk</p> | <p>Breakfast Cereal, Pop Tart or String Cheese Bananas Orange or Apple Juice Assorted Milk</p> <p>Lunch Veggie Burger Smiley Fries & Baked Beans Diced Pears Assorted Milk</p> | <p>Breakfast French Toast Sticks w/Syrup Diced Peaches Orange or Apple Juice Assorted Milk</p> <p>Lunch Pizza Green Beans & Romaine Salad Fruit Cocktail Assorted Milk</p> | <p>Breakfast Cereal, Pop Tart or Nutrigran Bar Diced Peaches Orange or Apple Juice Assorted Milk</p> <p>Lunch Grilled Cheese Tator Tots & Veggie Tray Diced Peaches Assorted Milk</p> |  | | | |
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