

Sacred Heart Elementary School

October 2020

We are an equal opportunity provider and employer!

Menu subject to change



October 1			October 2			<p>Build a Better Breakfast 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> <p>Choice of Milk with Lowfat Strawberry FF Chocolate, 1% White Milk Price .35</p> <p>Student Price \$1.55 Adult Price \$2.00 WHAT A DEAL! Eat with us!</p> <p>Build a DELICIOUS Lunch Start with 1-2 Fruits and/or 1-2 Vegetables</p> <p>Include: Entrée of Meat and Whole Grains and a Choice of Milk Your meal must include:</p> <p>1/2 cup vegetable and or 1/2 cup of fruit and 2 other components</p> <p>Student Price \$2.65 Adult Price \$3.30</p>									
<p>October 3 Breakfast Cereal & Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk Lunch Chicken Tenders Fench Fries & Broccoli Applesauce Assorted Milk</p>			<p>October 4 Breakfast Cinnamon Roll w/Drizzle Frosting Applesauce Orange or Apple Juice Assorted Milk Lunch Turkey & Cheese Sandwich Lettuce & Tomato, Carrots & Chips Pineapple Tidbits Assorted Milk</p>				<p>October 5 Breakfast Pancakes w/Sausage and Syrup Oranges Orange or Apple Juice Assorted Milk Lunch Walking Taco's w/Salsa Lettuce/Tomato & Mixed Veggies Mandarian Oranges Assorted Milk</p>			<p>October 6 Breakfast Cereal & Pop Tart String Cheese Banannas Orange or Apple Juice Lunch Chicken Patty Sandwich Smiley Fries & Baked Beans Diced Pears Assorted Milk</p>			<p>October 7 Breakfast French Toast Sticks w/Syrup Apple Slices Orange or Apple Juice Assorted Milk Lunch Pizza Green Beans & Romaine Salad Fruit Cocktail Assorted Milk</p>		
<p>October 12 Breakfast Cereal & Fruit Grain Bar or Pop Tart Diced Peaches Orange or Apple Juice Assorted Milk Lunch Grilled Ham & Cheese Tator Tots & Veggie Tray Diced Peaches Assorted Milk</p>			<p>October 13 Breakfast Blueberry Muffin Apple Slices Orange or Apple Juice Assorted Milk Lunch Meatball Sandwich Corn & Romaine Salad Fruit Cocktail Assorted Milk</p>				<p>October 14 Breakfast Pancakes w/Sausage Patty & Syrup Bananas Orange or Apple Juice Assorted Milk Lunch Hot Dog on Bun Baked Beans, Carrots & Celery Diced Pears Assorted Milk</p>			<p>October 15 Breakfast Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk Lunch Chicken Tenders w/Roll Mash Potatos & Mixed Veggies Mandarin Oranges Assorted Milk</p>			<p>October 16 Breakfast Cereal & Fruit Grain Bar or Pop Tart Apple Slices Orange or Apple Juice Assorted Milk Lunch Cheese Sticks w/Marinara Sauce Green Beans, Carrots w/Ranch Applesauce Assorted Milk</p>		
<p>October 19 Breakfast Cereal & Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk Lunch Nachos w/Chic & Chese & Salsa Refried Beans & Corn Lettuce/Tomato & Diced Peaches Assorted Milk</p>			<p>October 20 Breakfast Cinnamon Roll w/Drizzle Frosting Applesauce Orange or Apple Juice Assorted Milk Lunch Chicken Tenders French Fries & Carrots Mandarian Oranges Assorted Milk</p>				<p>October 21 Breakfast Pancakes w/Sausage Patty & Syrup Oranges Orange or Apple Juice Assorted Milk Lunch Cheese Ravioli w/Sauce Green Beans, Salad & Breadstick Applesauce Assorted Milk</p>			<p>October 22 Breakfast Cereal or Pop Tart or String Cheese Bananas Orange, Apple Juice or Milk Lunch Cheeseburger or Hamburger Tator Tots & Fresh Broccoli Fruit Cocktail Assorted Milk</p>			<p>October 23 Breakfast French Toast Sticks w/Syrup Apple Slices Orange or Apple Juice Assorted Milk Lunch Pizza Mixed Vegetables & Romaine Salad Diced Pears Assorted Milk</p>		
<p>October 26 Breakfast Cereal & Fruit Grain Bar or Pop Tart Diced Peaches Orange or Apple Juice Assorted Milk Lunch Cheesburger or Hamburger French Fries & Lettuce & Tomato Diced Peaches Assorted Milk</p>			<p>October 27 Breakfast Blueberry Muffin Apple Slices Orange or Apple Juice Assorted Milk Lunch Spaghetti w/ Meat Sauce Broccoli & Romaine Salad Fruit Cocktail Assorted Milk</p>				<p>October 28-Oct 29 Breakfast Pancakes w/Sausage Patty & Syrup Bananas Orange or Apple Juice Assorted Milk Lunch Chicken & Cheese Taco's w/Salsa Lettuce/Tomato, Ref Beans & Corn Diced Pears Assorted Milk</p>			<p>October 29 Breakfast Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk Lunch Grilled Cheese Sandwich Peas & Vegetable Tray w/ Dip Mandarian Oranges Assorted Milk</p>			<p>October 30 Breakfast Cereal & Fruit Grain Bar or Pop Tart Apple Slices Orange or Apple Juice Assorted Milk Lunch Baked Macaroni & Cheese w/Roll Green Beans & Carrots Fruit Cocktail Assorted Milk</p>		



October 22, 2020
Parent / Teacher Conferences
Early Dismissal 11:30