





Sacred Heart of Jesus School

September 2022 Breakfast Menu



September 5		September 6		September 7		September 8		September 9		<p><i>Build a Better Breakfast</i></p> <p><i>Start with 1 or 2 Fruits Include 1 or 2 Grains</i></p> <p><i>Your Meal must have a Fruit and 2 Components</i></p> <p><i>Breakfast includes Fruit Daily</i></p> <p>Choice of Milk FF Chocolate, 1% White</p> <p>Breakfast Prices (per meal)</p> <p>Student: \$1.65 Reduced \$0.30</p> <p><i>Menu is subject to change</i></p> <p>We are an equal opportunity provider and employer!</p>
				Pancakes w/Sausage and Syrup Bananas Orange or Apple Juice Milk		Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Milk		Cereal & Pop Tart/Nutrigrain Bar Applesauce Orange or Apple Juice Milk		
September 12		September 13		September 14		September 15		September 16		
Cereal & Pop Tart/Yogurt Pineapple Tidbits Orange or Apple Juice Milk		Cinnamon Roll w/Drizzle Icing Applesauce Orange or Apple Juice Milk		Pancakes w/Sausage and Syrup Oranges Orange or Apple Juice Milk		Cereal & Pop Tart/String Cheese Bananas Orange or Apple Juice Milk		French Toast Sticks w/Syrup Peaches Orange or Apple Juice Milk		
September 19		September 20		September 21		September 22		September 23		
Cereal & Pop Tart/Nutrigrain Bar Peaches Orange or Apple Juice Milk		Blueberry Muffin Applesauce Orange or Apple Juice Milk		No School Education Conference		Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Milk		Cereal & Pop Tart/Nutrigrain Bar Applesauce Orange or Apple Juice Milk		
September 26		September 27		September 28		September 29		September 30		
Cereal & Pop Tart/Yogurt Pineapple Tidbits Orange or Apple Juice Milk		Cinnamon Roll w/Drizzle Icing Applesauce Orange or Apple Juice Milk		Pancakes w/Sausage and Syrup Oranges Orange or Apple Juice Milk		Cereal & Pop Tart/String Cheese Bananas Orange or Apple Juice Milk		French Toast Sticks w/Syrup Peaches Orange or Apple Juice Milk		

Sacred Heart of Jesus School			September 2022 Lunch Menu		
					<p>Build a DELICIOUS Lunch</p> <p><i>Start with 1-2 Fruits and/or 1-2 Vegetables</i> Include: Entrée of Meat Whole Grains and a Choice of Milk</p> <p><i>Your meal must include: 1/2 cup vegetable and/or 1/2 cup of fruit and 2 other components</i></p> <p>Choice of Milk FF Chocolate, 1% White</p> <p>Lunch Prices (per meal) Student: \$2.75 Reduced \$0.40</p> <p><i>Menu is subject to change</i></p> <p>We are an equal opportunity provider and employer!</p>
September 5	September 6	September 7	September 8	September 9	
		Chicken and Cheese Tacos Refried Beans Corn Lettuce and Tomato Salsa Diced Pears Milk	Grilled Cheese Sandwich Tomato Soup Carrots w/dip Mandarin Oranges Milk	Baked Macaroni & Cheese w/Roll Green Beans Carrots Fruit Cocktail Milk	
September 12	September 13	September 14	September 15	September 16	
Chicken Tenders w/ Roll French Fries Broccoli Applesauce Milk	Turkey and Cheese Sandwich Lettuce and Tomato Carrots Chips Pineapple Tidbits Milk	Walking Tacos Lettuce and Tomato Salsa Mixed Vegetables Mandarin Oranges Milk	Chicken Patty Sandwich Smiley Fries Baked Beans Diced Pears Milk	Pizza Romaine Salad Green Beans Fruit Cocktail Milk	
September 19	September 20	September 21	September 22	September 23	
Grilled Ham and Cheese Sandwich Tater Tots Vegetable Tray Diced Peaches Milk	Meatball Sandwiches Corn Romaine Salad Fruit Cocktail Milk	No School Education Conference	Chicken Tenders w/Roll Mashed Potatoes Mixed Vegetables Mandarin Oranges Milk	Cheese Sticks w/Marinara Sauce Green Beans Carrots Applesauce Milk	
September 26	September 27	September 28	September 29	September 30	
Nachos with Chicken and Cheese Refried Beans Corn Lettuce and Tomato Salsa Diced Peaches Milk	Chicken Tenders French Fries Carrots Mandarin Oranges Milk	Cheese Ravioli w/Sauce Green Beans Romaine Salad Applesauce Milk	Fish Nuggets Broccoli Tater Tots Fruit Cocktail Milk	Pizza Mixed Veggies Romaine Salad Diced Pears Milk	

Sacred Heart of Jesus School			September 2022 Vegetarian Lunch Menu		
					<p>Build a DELICIOUS Lunch</p> <p><i>Start with 1-2 Fruits and/or 1-2 Vegetables</i> Include: Entrée of Meat Whole Grains and a Choice of Milk</p> <p><i>Your meal must include: 1/2 cup vegetable and/or 1/2 cup of fruit and 2 other components</i></p> <p>Choice of Milk FF Chocolate, 1% White</p> <p>Lunch Prices (per meal)</p> <p>Student: \$2.75 Reduced \$0.40</p> <p><i>Menu is subject to change</i></p> <p>We are an equal opportunity provider and employer!</p>
September 5	September 6	September 7	September 8	September 9	
		Veggie and Cheese Tacos Refried Beans Corn Lettuce and Tomato Salsa Diced Pears Milk	Grilled Cheese Sandwich Tomato Soup Carrots w/dip Mandarin Oranges Milk	Baked Macaroni & Cheese w/Roll Green Beans Carrots Fruit Cocktail Milk	
September 12	September 13	September 14	September 15	September 16	
Veggie Nuggets w/ Roll French Fries Broccoli Applesauce Milk	Cheese Sandwich Lettuce and Tomato Carrots Chips Pineapple Tidbits Milk	Veggie Walking Tacos Lettuce and Tomato Salsa Mixed Vegetables Mandarin Oranges Milk	Veggie Patty Sandwich Smiley Fries Baked Beans Diced Pears Milk	Pizza Romaine Salad Green Beans Fruit Cocktail Milk	
September 19	September 20	September 21	September 22	September 23	
Grilled Cheese Sandwich Tater Tots Vegetable Tray Diced Peaches Milk	Veggie Nugget Sandwich Corn Romaine Salad Fruit Cocktail Milk	No School Education Conference	Veggie Nuggets w/Roll Mashed Potatoes Mixed Vegetables Mandarin Oranges Milk	Cheese Sticks w/Marinara Sauce Green Beans Carrots Applesauce Milk	
September 26	September 27	September 28	September 29	September 30	
Nachos with Veggie Meat & Cheese Refried Beans Corn Lettuce and Tomato Salsa Diced Peaches Milk	Veggie Nuggets French Fries Carrots Mandarin Oranges Milk	Cheese Ravioli w/Sauce Green Beans Romaine Salad Applesauce Milk	Veggie Nuggets Broccoli Tater Tots Fruit Cocktail Milk	Pizza Mixed Veggies Romaine Salad Diced Pears Milk	