

Sacred Heart Elementary School

October 2021

We are an equal opportunity provider and employer!

					<p>October 1 <u>Breakfast</u> Cereal & Fruit Grain Bar or Pop Tart Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Baked Macaroni & Cheese w/Roll Green Beans & Carrots Fruit Cocktail Chocolate or White Milk</p>	<p><i>Menu subject to change</i></p> <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 Fruit Daily Choice of Milk FF Chocolate, 1% White</p>
					<p>October 2 <u>Breakfast</u> Cereal & Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk <u>Lunch</u> Chicken Tenders Fench Fries & Broccoli Applesauce Chocolate or White Milk</p>	
<p>October 7 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Diced Peaches Orange or Apple Juice Assorted Milk <u>Lunch</u> Grilled Ham & Cheese Tator Tots & Veggie Tray Diced Peaches Chocolate or White Milk</p>	<p>October 8 <u>Breakfast</u> Blueberry Muffin Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Meatball Sandwich Corn & Romaine Salad Fruit Cocktail Chocolate or White Milk</p>	<p>October 9 <u>Breakfast</u> Pancakes w/Sausage Patty & Syrup Bananas Orange or Apple Juice Assorted Milk <u>Lunch</u> Hot Dog on Bun Baked Beans, Carrots & Celery Diced Pears Chocolate or White Milk</p>	<p>October 10 <u>Breakfast</u> Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk <u>Lunch</u> Chicken Tenders w/Roll Mashed Potatoes & Mixed Veggies Mandarin Oranges Chocolate or White Milk</p>	<p>October 11 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Cheese Sticks w/Marinara Sauce Green Beans, Carrots w/Ranch Dressing Applesauce Chocolate or White Milk</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>Milk Price .35</p> <p>Lunch Packers</p> <p>Staff \$3.45</p>	
<p>October 12 <u>Breakfast</u> Cereal & Pop Tart or Yogurt Pineapple Tidbits Orange or Apple Juice Assorted Milk <u>Lunch</u> Nachos w/Chic & Cheese/Salsa Refried Beans & Corn Lettuce/Tomato & Diced Peaches Chocolate or White Milk</p>	<p>October 13 <u>Breakfast</u> Cinnamon Roll w/Drizzle Frosting Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Chicken Tenders French Fries & Carrots Mandarin Oranges Chocolate or White Milk</p>	<p>October 14 <u>Breakfast</u> Pancakes w/Sausage Patty & Syrup Oranges Orange or Apple Juice Assorted Milk <u>Lunch</u> Cheese Ravioli w/Sauce Green Beans, Salad & Breadstick Applesauce Chocolate or White Milk</p>	<p>October 15 <u>Breakfast</u> Cereal or Pop Tart or String Cheese Bananas Orange, Apple Juice or Milk <u>Lunch</u> Fish Nuggets Tator Tots & Fresh Broccoli Fruit Cocktail Chocolate or White Milk</p>	<p>October 16 <u>Breakfast</u> French Toast Sticks w/Syrup Diced Peaches Orange or Apple Juice Assorted Milk <u>Lunch</u> Pizza Mixed Vegetables & Romaine Salad Diced Pears Chocolate or White Milk</p>	<p>October 17 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Diced Peaches Orange or Apple Juice Assorted Milk <u>Lunch</u> Cheesburger or Hamburger French Fries & Lettuce & Tomato Diced Peaches Chocolate or White Milk</p>	
<p>October 18 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Diced Peaches Orange or Apple Juice Assorted Milk <u>Lunch</u> Chesburger or Hamburger French Fries & Lettuce & Tomato Diced Peaches Chocolate or White Milk</p>	<p>October 19 <u>Breakfast</u> Blueberry Muffin Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Spaghetti w/ Meat Sauce Broccoli & Romaine Salad Fruit Cocktail Chocolate or White Milk</p>	<p>October 20 <u>Breakfast</u> Pancakes w/Sausage Patty & Syrup Bananas Orange or Apple Juice Assorted Milk <u>Lunch</u> Chicken & Cheese Taco's w/Salsa Lettuce/Tomato & Mixed Veggies Mandarin Oranges Chocolate or White Milk</p>	<p>October 21 <u>Breakfast</u> Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk <u>Lunch</u> Grilled Cheese Sandwich Tomato Soup & Carrots w/dip Mandarin Oranges Chocolate or White Milk</p>	<p>October 22 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Baked Macaroni & Cheese w/Roll Green Beans & Carrots Fruit Cocktail Chocolate or White Milk</p>	<p>Parent / Teacher Conferences</p> <p>Early Dismissal 11:30 October 14</p>	
<p>October 23 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Diced Peaches Orange or Apple Juice Assorted Milk <u>Lunch</u> Chesburger or Hamburger French Fries & Lettuce & Tomato Diced Peaches Chocolate or White Milk</p>	<p>October 24 <u>Breakfast</u> Blueberry Muffin Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Spaghetti w/ Meat Sauce Broccoli & Romaine Salad Fruit Cocktail Chocolate or White Milk</p>	<p>October 25 <u>Breakfast</u> Pancakes w/Sausage Patty & Syrup Bananas Orange or Apple Juice Assorted Milk <u>Lunch</u> Chicken & Cheese Taco's w/Salsa Lettuce/Tomato & Mixed Veggies Mandarin Oranges Chocolate or White Milk</p>	<p>October 26 <u>Breakfast</u> Egg & Cheese on English Muffin Mandarin Oranges Orange or Apple Juice Assorted Milk <u>Lunch</u> Grilled Cheese Sandwich Tomato Soup & Carrots w/dip Mandarin Oranges Chocolate or White Milk</p>	<p>October 27 <u>Breakfast</u> Cereal, Pop Tart or Nutrigrain Bar Applesauce Orange or Apple Juice Assorted Milk <u>Lunch</u> Baked Macaroni & Cheese w/Roll Green Beans & Carrots Fruit Cocktail Chocolate or White Milk</p>	<p>Don't forget!</p> <p>Parent / Teacher Conferences</p> <p>Early Dismissal 11:30 October 14</p>	