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	
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	Vegetarian Menu
Cereal, Pop Tart or Nutrigran Bar	Blueberry Muffins	Pancakes w/Syrup	Egg & Cheese on English Muffin	Cereal & Fruit Grain Bar or Pop Tart	
Diced Peaches	Applesauce	Banana's	Mandarin Oranges	Applesauce	Build a Better Breakfast
Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Start with 1 or 2 Fruits
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Include: 1 or 2 Grains
Lunch	Lunch	Lunch	Lunch	Lunch	Your meal must have a
Grilled Cheese	Veggie Chicken Nugget Sandwich	Veggie Burger	Veggie Nuggets w/Roll	Cheese Sticks w/Marinara Sauce	Fruit + 2 components
Tator Tots & Veggie Tray	Corn & Romaine Salad	Baked Beans & Carrots/Celery	Mash Potatoe's & Mixed Veggies	Green Beans & Carrots	Breakfast includes an
Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce	assortment of fresh
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	and canned fruits daily.
January 10	January 11	January 12	January 13	January 14	1
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	1
Cereal, Pop Tart or Yogurt	Cinnamon Roll w/Drizzle Frosting	Pancakes w/Syrup	Cereal, Pop Tart or String Cheese	French Toast Sticks w/Syrup	
Pineapple Tidbits	Applesauce	Oranges	Bananas	Applesauce	FF Chocolate, 1% White
Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Milk Price .35
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	WIIN FIRE .33
Lunch	Lunch	Lunch	Lunch	Lunch	
Nachos w/Cheese & Salsa		Cheese Ravioli W/Sauce		<u>Lunen</u> Pizza	
	Veggie Nuggets w/Roll		Veggie Nuggets w/Roll		
Refried Beans & Corn	French Fries & Carrots	Green Beans, Salad & Breadsticks	Tator Tots & Fresh Broccoli	Mixed Veggies & Romaine Salad	
Lettuce & Tomato & Diced Peaches	Mandarin Oranges	Applesauce	Fruit Cocktail	Diced Pears	Adult Prices \$2.65
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	WHAT A DEAL! Eat with us!
January 17	January 18	January 19	January 20	January 21	
	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	
No School	Blueberry Muffins	Pancakes w/Syrup	Egg & Cheese on English Muffin	Cereal & Fruit Grain Bar or Pop Tart	
Martin Luther King Jr. Day	Applesauce	Banana's	Mandarin Oranges	Applesauce	Build a DELICIOUS Lunch
· · · · · · · · · · · · · · · · · · ·	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	Start with 1-2 Fruits
	Assorted MIlk	Assorted Milk	Assorted Milk	Assorted Milk	and/or 1-2 Vegetables
	Lunch	Lunch	Lunch	Lunch	l and or 1 1 vogeturies
	Spaghetti w/Veggie Meat Sauce	Veggie Meat Tacos w/Salsa	Grilled Cheese Sandwich	Baked Macaroni & Cheese w/Roll	Include: Entrée of Meat
	Broccoli & Romaine Salad	Lettuce Tomato, Ref.Beans & Corn	Tomato Soup & Carrots w/dip	Green Beans & Carrots	and Whole Grains
	Fruit Cocktail	Mandarin Oranges	Mandarin Oranges	Fruit Cocktail	and a Choice of Milk
	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Your meal must include:
January 24	January 25	January 26	January 27	January 28	Tour mour mouse
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	1/2 cup vegetable
Cereal & Pop Tart or Yogurt	Cinammon Roll w/Drizzle Frosting	Pancakes w/Syrup		French Toast Sticks w/Syrup	, ,
,		, ,	Cereal, Pop Tart or String Cheese	, ,	and or 1/2 cup of fruit+G38:K38
Diced Peaches	Lettuce & Tomato, Carrots & Chips	Oranges	Bananas	Diced Peaches	and 2 other components
Orange or Apple Juice	Pineapple Tidbits	Orange or Apple Juice	Orange or Apple Juice	Orange or Apple Juice	
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	
Veggie Nuggets w/Roll	Cheese Sandwich	Veggie Tacos w/Salsa	Veggie Burger	Pizza	
French Fries & Broccoli	Corn & Romaine Salad	Lettuce & Tomato & Mixed Veggies	Smiley Fries & Baked Beans	Green Beans & Romaine Salad	Adult Price \$3.65
Applesauce	Fruit Cocktail	Mandarin Oranges	Diced Pears	Fruit Cocktail	
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	
January 31					
Breakfast		• • • • •			
Cereal, Pop Tart or Nurtrigran Bar	* 6	- 3 *	@ Y.	· (a) · · · · · · · · · · · · · · · · · · ·	
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Diced Peaches	*	* * *			
Orange or Apple Juice					\
Assorted Milk	*/			\wedge	
Lunch	X				كالمالي المنافق
Grilled Cheese				Y	
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Grilled Cheese	(a)	* 🐳 ,	. O, *	* * ·	* @