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>	
Cereal, Pop Tart or Nutrigran Bar	Blueberry Muffins	Pancakes w/Sausage and 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 Ham & Cheese	Meatball Sandwich	Hot Dog on Bun	Chicken Tenders w/Roll	Cheese Sticks w/Marinara Sauce	Fruit + 2 components
Tator Tots & Vegaie Trav	Corn & Romaine Salad	Baked Beans & Carrots/Celery	Mash Potatoe's & Mixed Vegaies	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	4
<u>Breakfast</u> Cereal, Pop Tart or Yogurt	<u>Breakfast</u> Cinnamon Roll w/Drizzle Frosting	<u>Breakfast</u> Pancakes w/Sausage and Syrup	<u>Breakfast</u> Cereal, Pop Tart or String Cheese	<u>Breakfast</u> French Toast Sticks w/Syrup	Choice of Milk with
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	
Lunch	Lunch	<u>Lunch</u>	Lunch	<u>Lunch</u>	
Nachos w/Chic,Cheese & Salsa	Chicken Tenders w/Roll	Cheese Ravioli W/Sauce	Fish Nuggets	Pizza	
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	
,	Breakfast	Breakfast	Breakfast	Breakfast	1
No School	Blueberry Muffins	Pancakes w/Sausage and 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
Mai Till Earlier King 31. Day	""	Orange or Apple Juice	Orange or Apple Juice	• • • • • • • • • • • • • • • • • • • •	Start with 1-2 Fruits
	Orange or Apple Juice	· · ·		Orange or Apple Juice	
	Assorted MIlk	Assorted Milk	Assorted Milk	Assorted Milk	and/or 1-2 Vegetables
	<u>Lunch</u>	Lunch	<u>Lunch</u>	Lunch	5-1-1-5-1-C-1-1
	Spaghetti w/ Meat Sauce Broccoli & Romaine Salad	Chicken & Cheese Tacos w/Salsa	Grilled Cheese Sandwich	Baked Macaroni & Cheese w/Roll Green Beans & Carrots	Include: Entrée of Meat and Whole Grains
		Lettuce Tomato, Ref.Beans & Corn	Tomato Soup & Carrots w/dip		
	Fruit Cocktail	Mandarin Oranges	Mandarin Oranges	Fruit Cocktail	and a Choice of Milk Your meal must include:
January 24	Assorted Milk January 25	Assorted Milk January 26	Assorted Milk January 27	Assorted Milk January 28	- your mear must include:
•		•	<u>'</u>		1/2 cup vegetable
Breakfast	Breakfast	Breakfast Communication Commun	Breakfast Country Description	Breakfast	, -
Cereal & Pop Tart or Yogurt	Cinammon Roll w/Drizzle Frosting	Pancakes w/Sausage Patty & Syrup	Cereal, Pop Tart or String Cheese	French Toast Sticks w/Syrup	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>	Lunch	<u>Lunch</u>	Lunch	<u>Lunch</u>	
Chicken Tenders w/Roll	Turkey & Cheese Sandwich	Walking Tacos w/Salsa	Chicken Patty Sanwich	Pizza	
French Fries & Broccoli	Corn & Romaine Salad	Lettuce & Tomato & Mixed Veggies	Smiley Fries & Baked Beans	Green Beans & Romaine Salad	Student Price \$2.65
Applesauce	Fruit Cocktail	Mandarin Oranges	Diced Pears	Fruit Cocktail	Adult Price \$3.30
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	
January 31					
<u>Breakfast</u>		-			
Cereal, Pop Tart or Nurtrigran Bar	* () -*	- 0 *		L .(9) * *	
Diced Peaches		/ * / ¥		*	
Orange or Apple Juice	*		No. 1		\ *
J	* /	7001			
Assorted Milk					
<u>Lunch</u>	- ** (*				
Grilled Ham & Cheese					
Tator Tots & Veggie Tray					X
Diced Peaches		* (*)		*	
Assorted Milk		*		*	
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