



OCTOBER 2022

Sacred Heart School

Meal Prices:
Paid \$2.75
Reduced \$0.40

Monday

Hamburger on Bun
Cheese
Lettuce and Tomato
French Fries
Peaches
Milk

3

Chicken Tenders
Cooked Broccoli
French Fries
Applesauce
Milk

10

Grilled Ham & Cheese
Sandwich
Tater Tots
Carrots w/ Dip
Diced Peaches
Milk

17

Nachos w/ Chicken
and Cheese
Peas
Lettuce, Tomato, and Corn
Salsa
Diced Peaches
Milk

24

Hamburger on Bun
Cheese
Lettuce and Tomato
French Fries
Peaches
Milk

31

Tuesday

Spaghetti w/ Meat Sauce
Cooked Broccoli
Romaine Side Salad
Fruit Cocktail
Milk

4

Turkey & Cheese
Sandwich
Baby Carrots
Lettuce and Tomato
Chips
Pineapple Chunks
Milk

11

Meatball Sandwich
Corn
Romaine Salad
Fruit Cocktail
Milk

18

Chicken Tenders
Baby Carrots
French Fries
Tangerines
Milk

25

Wednesday

Chicken and Cheese Taco
Lettuce and Tomato
Salsa
Peas
Corn
Diced Peas
Milk

5

Walking Taco
Lettuce & Tomato
Mixed Vegetables
Salsa
Tangerines Milk

12

Hot Dog on Bun
Baked Beans
Carrots and Celery
Diced Peas
Milk

19

Cheese Ravioli
w/ Sauce
Green Beans
Romaine Salad
Applesauce
Milk

26

Thursday

Bake Macaroni & Cheese
Green Beans
Baby Carrots
Fruit Cocktail
Milk

6

Chicken Patty
Sandwich
Baked Beans
Smiley Fries
Diced Peas
Milk

13

Chicken Tenders w/ Roll
Mashed Potatoes
Mixed Vegetables
Tangerines
Milk

20

Fish Nuggets w/ Roll
Fresh Broccoli
Tater Tots
Fruit Cocktail
Milk

27

Friday

Grilled Cheese
Sandwich
Tomato Soup
Carrots w/ Dip
Tangerines
Milk

7

Pizza
Green Beans
Romaine Salad
Fruit Cocktail
Milk

14

Cheese Sticks
Marinara Sauce
Green Beans
Baby Carrots
Applesauce
Milk

21

Pizza
Mixed Vegetables
Romaine Salad
Diced Peas
Milk

28

Choice of Milk:
Fat Free Chocolate
1% White

Build a delicious lunch:
Start with 1-2 fruits and/or 1-2 vegetables
Include an entrée of meat, whole grains, and a choice of milk
Your meal must include ½ cup vegetable and/or ½ cup of fruit
and 2 other components

Menu is subject to change.
We are an equal opportunity
provider and employer.