

## **NOVEMBER 2022**

Sacred Heart School

Meal Prices: Paid \$2.75 Reduced \$0.40

## Thursday Friday Wednesday Monday Tuesday Turkey and Cheese Sandwich Chicken Nuggets Walking Tacos Pizza Lettuce and Tomato HAPPY Green Beans Carrots French Fries Salsa THANKSGIVING Chips Broccoli Lettuce and Tomato Romaine Salad Pineapple Tidbits Fruit Cocktail Applesauce Mixed Veggies Milk Milk Mandarin Oranges Milk **Gravce's Lunch Pick** Milk Grilled Ham and Cheese Cheese Stick 10 Meatball Sub Chicken Patty on Bun Chicken Tenders w/ Roll w/ Marinara Sauce Tater Tots Veggie Tray **Baked Beans** Mashed Potatoes Green Beans Corn Diced Peaches Carrots and Celery Carrots Romaine Salad Mixed Veggies Fruit Cocktail Milk Applesauce Diced Pears Mandarin Oranges Milk Milk Jocie's Lunch Pick Milk Milk **Elliot's Lunch Pick** 15 Nachos with Cheese 17 Cheese Ravioli with Sauce Chicken Tenders Fish Nuggets Pizza Salsa Green Beans French Fries Tater Tots Mixed Veggies Peas Carrots Romaine Salad Broccoli Romaine Salad Corn Lettuce and Tomato Mandarin Oranges Breadstick Diced Pears Fruit Cocktail Milk Applesauce Milk Milk Diced Peaches Milk Milk Chicken and Cheese Tacos 23 24 Spaghetti w/ Veggie Meat with Salsa Burger on Bun Lettuce and Tomatoes Broccoli French Fries **HAPPY THANKSGIVING** Romaine Salad Lettuce and Tomato Peas Diced Pears Diced Peaches Corn Milk Fruit Cocktail Milk Milk 28 29 Walking Tacos Salsa **BREAK** Lettuce and Tomato Mixed Veggies Mandarin Oranges Milk

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.