

DECEMBER 2022

Sacred Heart School



Breakfast is free please enjoy a delicious breakfast with us! Milk and juice \$0.35

Tuesday **Thursday** Monday Friday Wednesday Cereal and French Toast Sticks Remember Jesus is the Pop-Tart/String Cheese w/ Syrup Banana **Applesauce** reason for the season! Orange or Apple Juice Orange or Apple Juice Milk Milk 8 9 5 6 Blueberry Muffin Pancakes w/ Sausage Cereal and Egg and Cheese Cereal and Pop-Tart/Nutrigrain Bar **Applesauce** Svrup on English Muffin Pop-Tart/Nutrigrain Bar Diced Peaches Orange or Apple Juice Banana Mandarin Oranges Applesauce Milk Orange or Apple Juice Orange or apple juice Orange or Apple Juice Orange or Apple Juice Milk Milk Milk Milk 12 13 14 15 16 Pancakes w/ Syrup French Toast Sticks Cereal and Cereal and Cinnamon roll Sausage Pop-Tart/String Cheese Pop-Tart/Yogurt **Applesauce** w/ Syrup Orange or Apple Juice Oranges Bananas Applesauce Pineapple tidbits Orange or Apple Juice Orange or Apple Juice Milk Orange or Apple Juice Orange or Apple Juice Milk Milk Milk Milk 19 20 21 22 23 Egg and Cheese Blueberry Muffin Pancakes w/ Sausage Cereal and on English Muffin Pop-Tart/Nutrigrain Bar Apple Slices Syrup Break Orange or Apple Juice Mandarin Oranges Banana Diced Peaches Milk Orange or Apple Juice Orange or apple juice Orange or Apple Juice Milk Milk Milk 26 27 28 29 30 Christmas Merry and Happy New Year!!!!

Choice of Milk: Fat Free Chocolate 1% White Build a better breakfast:
Start with 1-2 fruits
Include 1-2 grains
Your meal must include a fruit and 2 components