



Vegetarian

FEBRUARY 2023

Sacred Heart School

Meal prices:

Paid: \$2.75

Reduced \$0.40

Monday

Tuesday

Wednesday

Thursday

Friday

Veggie Nugget Sandwich **6**
Corn
Romaine salad
Applesauce
Milk
MEATBALL MONDAY!

Grilled Cheese Sandwich **7**
Tater Tots
Veggie Tray
Diced Peaches
Milk

Veggie and Cheese Tacos **1**
Salsa
Lettuce and Tomato
Mixed Vegetables
Mandarin Oranges
Milk

Veggie Burger on Bun **8**
Baked Beans
Carrots and Celery
Diced Pears
Milk

Veggie Patty Sandwich **2**
Smiley Fries
Baked Beans
Diced Pears
Milk
Addison's Lunch Pick

Veggie Nuggets w/ Roll **9**
Mashed Potatoes
Mixed Vegetables
Mandarin Oranges
Milk

Pizza **3**
Mixed Vegetables
Romaine Salad
Fruit Cocktail
Milk

Cheese Sticks w/ **10**
Marinara Sauce
Green Beans
Carrots
Fruit Cocktail
Milk

Veggie Nuggets w/ Roll **13**
French Fries
Carrots
Mandarin Oranges
Milk

Veggie Nachos w/Cheese **14**
Salsa
Peas and Corn
Diced Peaches
Milk
TACO TUESDAY!

Cheese Ravioli w/ Sauce **15**
Green Beans
Romaine Salad
Breadstick
Applesauce
Milk

Veggie Nuggets **16**
Tater Tots
Broccoli
Diced Pears
Milk

Pizza **17**
Mixed Vegetables
Romaine Salad
Fruit Cocktail
Milk

Veggie Burger on Bun **20**
French Fries
Lettuce and Tomato
Diced Peaches
Milk

Spaghetti w/ Veggie Sauce **21**
Romaine Salad
Green Beans
Fruit Cocktail
Milk

Veggie and Cheese Tacos **22**
Salsa
Lettuce and Tomato
Peas and Corn
Mandarin Oranges
Milk

Baked Macaroni and Cheese **23**
Roll
Broccoli
Carrots
Mandarin Oranges
Milk

Grilled Cheese Sandwich **24**
Tomato Soup
Carrots with Dip
Fruit Cocktail
Milk

Grilled Cheese Sandwich **27**
Tater Tots
Veggie Tray
Diced Peaches
Milk

Veggie Nugget Sandwich **28**
Corn
Romaine salad
Applesauce
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.