



Vegetarian

MARCH 2023

Sacred Heart School

Meal prices:

Paid: \$2.75

Reduced \$0.40

Monday



Veggie Nuggets with Roll **6**
French Fries
Broccoli
Mandarin Oranges
Milk

Veggie Burgers **13**
French Fries
Lettuce and Tomato
Diced Peaches
Milk

Veggie Nuggets **20**
Roll
French Fries
Carrots
Applesauce
Milk

Veggie Nugget Sandwich **27**
Corn
Romaine Salad
Diced Pears
Milk
MEATBALL MONDAY!

Tuesday

Walking Veggie Taco **7**
Salsa
Lettuce and Tomato
Mixed Veggies
Mandarin Oranges
Milk

Veggie and Cheese Tacos **14**
Salsa
Lettuce Tomato
Corn and Peas
Mandarin Oranges
Milk

Nachos with Veggie Meat **21**
Salsa
Peas and Corn
Lettuce and Tomato
Peaches
Milk

Grilled Cheese Sandwich **28**
Tater Tots
Veggie Tray
Diced Peaches
Milk

Wednesday

Cheese Ravioli **1**
Green Beans
Romaine Salad
Breadstick
Applesauce
Milk

Cheese Sandwich **8**
Chips
Lettuce and Tomato
Carrots with Dip
Applesauce
Milk

Spaghetti with Veggie Sauce **15**
Broccoli
Romaine Salad
Breadstick
Pineapple Tidbits
Milk

Veggie Burger on Bun **22**
Baked Beans
Carrots and Celery
Diced Pears
Milk

Cheese Ravioli **29**
Breadstick
Green Beans
Romaine Salad
Applesauce
Milk

Thursday

Veggie Nuggets **2**
Roll
Mashed Potatoes
Mixed Veggies
Mandarin Oranges
Milk

Veggie Patty Sandwich **9**
Smiley Fries
Baked Beans
Diced Pears
Milk

Baked Mac and Cheese **16**
Roll
Green beans
Crunchy Carrots
Mandarin oranges
Milk

Veggie Nuggets **23**
Tater Tots
Fresh Broccoli
Pineapple Tidbits
Milk

Veggie Nuggets **30**
Roll
Mashed Potatoes
Mixed Vegetables
Mandarin Oranges
Milk

Friday

Cheese Sticks with Sauce **3**
Green Beans
Crunchy Carrots
Fruit Cocktail
Milk

Pizza **10**
Green Beans
Romaine Salad
Fruit Cocktail
Milk

Grilled Cheese Sandwich **17**
Tomato Soup
Crunchy Carrots and Dip
Fruit Cocktail
Milk

Pizza **24**
Mixed Veggies
Romaine Salad
Fruit Cocktail
Milk

Cheese Sticks with Marinara **31**
Green Beans
Carrots
Fruit Cocktail
Milk

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

Choice of Milk:

Fat Free Chocolate

1% White

Menu is subject to change.

We are an equal opportunity provider and employer.