



BREAKFAST

MARCH 2023

Sacred Heart School

Meal prices:

Breakfast is free please enjoy
a delicious breakfast with us!

Juice/milk only \$0.35

Monday



Tuesday

Wednesday

Thursday

Friday

Cereal and
Pop-Tart/Yogurt
Pineapple Tidbits
Orange or Apple Juice
Milk

6

Cinnamon Roll
Applesauce
Orange or Apple Juice
Milk

7

Pancakes w/ Syrup
Sausage
Oranges
Orange or Apple Juice
Milk

8

Cereal and
Pop-Tart/String Cheese
Bananas
Orange or Apple Juice
Milk

9

French Toast Sticks
w/ Syrup
Diced Peaches
Orange or Apple Juice
Milk

10

Cereal and
Pop-Tart/Nutrigrain Bar
Diced Peaches
Orange or Apple Juice
Milk

13

Blueberry Muffin
Applesauce
Orange or Apple Juice
Milk

14

Pancakes w/ Syrup
Sausage
Bananas
Orange or Apple Juice
Milk

15

Egg and Cheese
on English Muffin
Mandarin Oranges
Orange or Apple Juice
Milk

16

Cereal and
Pop-Tart/Nutrigrain Bar
Applesauce
Orange or Apple Juice
Milk

17

Cereal and
Pop-Tart/Yogurt
Pineapple Tidbits
Orange or Apple Juice
Milk

20

Cinnamon Roll
Applesauce
Orange or Apple Juice
Milk

21

Pancakes w/ Syrup
Sausage
Oranges
Orange or Apple Juice
Milk

22

Cereal and
Pop-Tart/String Cheese
Bananas
Orange or Apple Juice
Milk

23

French Toast Sticks
w/ Syrup
Diced Peaches
Orange or Apple Juice
Milk

24

Cereal and
Pop-Tart/Nutrigrain Bar
Diced Peaches
Orange or Apple Juice
Milk

27

Blueberry muffin
Applesauce
Orange or apple juice
Milk

28

Pancakes w/ Syrup
Sausage
Bananas
Orange or Apple Juice
Milk

29

Egg and Cheese
on English Muffin
Mandarin Oranges
Orange or Apple Juice
Milk

30

Cereal and
Pop-Tart/Nutrigrain Bar
Applesauce
Orange or Apple Juice
Milk

31

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

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