



Vegetarian

MAY 2023

Sacred Heart School

Meal prices:
Paid: \$2.75
Reduced: \$0.40

Monday

Veggie Nuggets
Tater Tots
Broccoli
Pineapple Tidbits
Milk

1

Tuesday

Nachos w/ Veggies & Cheese
Salsa
Peas and Corn
Lettuce and Tomato
Diced Peaches
Milk

2

Wednesday

Veggie Nuggets
Roll
French Fries
Carrots w/ Dip
Mandarin Oranges
Milk

3

Thursday

Veggie Patty on Bun
Baked Beans
Carrots and Celery
Diced Pears
Milk

4

Friday

Pizza
Mixed Veggies
Romaine Salad
Fruit Cocktail
Milk

5

Veggie Burger
French Fries
Lettuce and Tomato
Diced Peaches
Milk

8

Veggie and Cheese Tacos
Salsa, Lettuce, and Tomato
Corn and Peas
Mandarin oranges
Milk
Taco Tuesday!

9

Spaghetti w/ Veggie Sauce
Broccoli
Romaine Salad
Breadstick
Applesauce
Milk

10

Baked Mac and Cheese
Roll
Green Beans
Fresh Carrots w/ dip
Mandarin Oranges
Milk

11

Grilled Cheese Sandwich
Tomato Soup
Fresh Carrots and Dip
Fruit Cocktail
Milk

12

Veggie Nugget Sandwich
Corn
Romaine Salad
Applesauce
Milk
MEATBALL MONDAY!

15

Cheese Sticks with Marinara
Green Beans
Fresh Carrots w/ Dip
Diced Peaches
Milk

16

Cheese Ravioli
Breadstick
Green Beans
Romaine Salad
Diced Pears
Milk

17

Veggie Nuggets
Roll
Mashed Potatoes
Mixed Vegetables
Mandarin Oranges
Milk

18

Grilled Cheese
Tater Tots
Fresh Veggies
Fruit Cocktail
Milk

19

Walking Veggie Tacos w/ Salsa
Lettuce and Tomato
Mixed Veggies
Mandarin Oranges
Milk

22

Juliet's Lunch Pick

Pizza
Green Beans
Romaine Salad
Applesauce
Milk

23

Veggie Patty Sandwich
Smiley Fries
Baked Beans
Diced Pears
Milk

24

Veggie Nuggets
Roll
French Fries
Broccoli
Fruit Cocktail
Milk

25

Cheese Sandwich
Lettuce and Tomato
Carrots and Dip
Chips
Applesauce
Milk

26

NO SCHOOL

29

Happy Memorial Day!

Veggie Nuggets
Roll
French Fries
Carrots and Dip
Mandarin Oranges
Milk

30

Cheese Ravioli w/ Sauce
Breadstick
Green Beans
Romaine Salad
Diced Pears
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.