



# BREAKFAST

## MAY 2023 Sacred Heart School

Meal prices:  
Breakfast is free please enjoy  
a delicious breakfast with us!  
Juice/milk only \$0.35

### Monday

1

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

8

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

15

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

22

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

29

NO SCHOOL

Happy Memorial Day!

### Tuesday

2

Cinnamon Roll  
Applesauce  
Orange or Apple Juice  
Milk

9

Blueberry Muffin  
Applesauce  
Orange or Apple Juice  
Milk

16

Blueberry Muffin  
Applesauce  
Orange or Apple Juice  
Milk

23

Cinnamon Roll  
Applesauce  
Orange or Apple Juice  
Milk

30

Blueberry Muffin  
Applesauce  
Orange or Apple Juice  
Milk

### Wednesday

3

Pancakes w/ Syrup  
Sausage  
Oranges  
Orange or Apple Juice  
Milk

10

Pancakes w/ Syrup  
Sausage  
Bananas  
Orange or Apple Juice  
Milk

17

Pancakes w/ Syrup  
Sausage  
Bananas  
Orange or Apple Juice  
Milk

24

Pancakes w/ Syrup  
Sausage  
Oranges  
Orange or Apple Juice  
Milk

31

Pancakes w/ Syrup  
Sausage  
Bananas  
Orange or Apple Juice  
Milk

### Thursday

4

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

11

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

18

Egg and Cheese  
on English Muffin  
Mandarin Oranges  
Orange or Apple Juice  
Milk  
**Juliet's Breakfast Pick**

25

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

### Friday

5

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

12

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

19

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

26

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



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.