



Vegetarian

# APRIL 2023

## Sacred Heart School

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

### Monday

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

3

### Tuesday

Veggie Nuggets  
French Fries  
Cooked Carrots  
Raw Carrots  
Mandarin Oranges  
Milk

4

### Wednesday

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

5

### Thursday

Veggie Nuggets  
Tater Tots  
Fresh Broccoli  
Fruit Cocktail  
Milk

6

### Friday

Happy

7

Easter!

10

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

11

Spaghetti w/ Veggie Sauce  
Broccoli  
Romaine Salad  
Green Beans  
Applesauce  
Milk

12

Macaroni and Cheese  
Roll  
Green Beans  
Carrots  
Mandarin Oranges  
Milk

13

Grilled Cheese Sandwich  
Tomato Soup  
Carrots with Dip  
Fruit Cocktail  
Milk

14

Veggie Nuggets  
with Roll  
French Fries  
Broccoli  
Applesauce  
Milk

17

Cheese Sandwich  
Lettuce and Tomato  
Carrots  
Chips  
Pineapple Tidbits  
Milk

18

Walking Veggie Taco  
Salsa  
Lettuce and Tomato  
Mixed Vegetables  
Mandarin Oranges  
Milk

19

Veggie Patty on Bun  
Smiley Fries  
Baked Beans  
Diced Pears  
Milk

20

**Nikos' Lunch Pick**

Pizza  
Green Beans  
Side Salad  
Fruit Cocktail  
Milk

21

Grilled Cheese Sandwich  
Tater Tots  
Veggie Tray  
Diced Peaches  
Milk

24

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

25

Veggie Nugget Sandwich  
Corn  
Romaine Salad  
Applesauce  
Milk

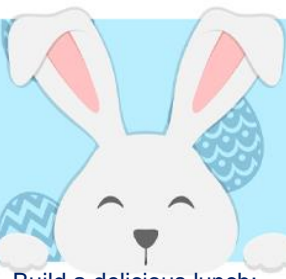
26

Veggie Nuggets with Roll  
Mashed Potatoes  
Mixed Vegetables  
Mandarin Oranges  
Milk

27

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

28



The Lord has  
risen! He has  
risen indeed!

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.