



BREAKFAST

APRIL 2023

Sacred Heart School

Breakfast is free! Please enjoy a healthy and delicious breakfast with us!

Milk/juice: \$0.35

Monday

3

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

Tuesday

4

Cinnamon Roll
Applesauce
Orange or Apple Juice
Milk

Wednesday

5

Pancakes w/ Sausage
Oranges
Orange or Apple Juice
Milk

Thursday

6

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

Friday

7

Happy

10

Easter!

11

Blueberry Muffin
Applesauce
Orange or Apple Juice
Milk

12

Pancakes w/ Sausage
Syrup
Bananas
Orange or Apple Juice
Milk
Nikos' Breakfast pick

13

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

14

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

18

Cinnamon Roll
Applesauce
Orange or Apple Juice
Milk

19

Pancakes w/ Sausage
Oranges
Orange or Apple Juice
Milk

20

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

21

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

25

Blueberry Muffin
Applesauce
Orange or Apple Juice
Milk

26

Pancakes w/ Sausage
Syrup
Bananas
Orange or Apple Juice
Milk

27

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

28

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



The Lord has
risen! He has
risen indeed!

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.