

- 2023 -

SEPTEMBER

FRIDAY

1

Have a

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Sacred Heart School

Breakfast Menu

Meal prices:
Paid: \$1.75
Reduced \$0.30
Milk \$0.50

Build a better breakfast:
Start with 1-2 fruits
Include 1-2 grains

Your meal must include a
fruit and 2 components.

Choice of Milk:
Fat Free Chocolate
1% White

4

Wonderful

5

School Year!

6

Pancakes w/ Syrup
Sausage
Bananas
Assorted Juice
Milk

7

Egg and Cheese
on English Muffin
Mandarin Oranges
Assorted Juice
Milk

8

Cereal w/
Pop Tart or Nutrigrain Bar
Applesauce w/ Cinnamon
Assorted Juice
Milk

11

Cereal w/
Pop Tart or Nutrigrain Bar
Diced Peaches
Assorted Juice
Milk

12

Blueberry Muffin
Applesauce w/ Cinnamon
Assorted Juice
Milk

13

Pancakes w/ Syrup
Sausage
Fresh Oranges
Assorted Juice
Milk

14

Egg and Cheese
on English Muffin
Mandarin Oranges
Assorted Juice
Milk

15

Cereal w/
Pop Tart or Nutrigrain Bar
Applesauce w/ Cinnamon
Assorted Juice
Milk

18

Cereal w/
Pop Tart or Yogurt
Pineapple Tidbits
Assorted Juice
Milk

19

Cinnamon Roll
Applesauce w/ Cinnamon
Assorted Juice
Milk

20

No School
Teacher Conference

21

French Toast Sticks
Syrup
Diced Peaches
Assorted Juice
Milk

22

Cereal w/
Pop Tart or String Cheese
Bananas
Assorted Juice
Milk

25

Cereal w/
Pop Tart or Yogurt
Pineapple Tidbits
Assorted Juice
Milk

26

Cinnamon Roll
Applesauce w/ Cinnamon
Assorted Juice
Milk

27

Pancakes w/ Syrup
Sausage
Fresh Oranges
Assorted Juice
Milk

28

French Toast Sticks
Syrup
Diced Peaches
Assorted Juice
Milk

29

Cereal w/
Pop Tart or String Cheese
Bananas
Assorted Juice
Milk