

- 2023 -

SEPTEMBER

FRIDAY

1

Have a

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Sacred Heart School

Lunch Menu

Meal prices:

Paid: \$2.85

Reduced \$0.40

Milk \$0.50

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 $\frac{1}{2}$
cup vegetable and/or $\frac{1}{2}$ cup
of fruit and 2 other
components

Choice of Milk:
Fat Free Chocolate
1% White

4

Wonderful

5

School Year!

6

Hamburgers or Cheeseburgers
Crispy French Fries
Fresh Lettuce and Tomato
Diced Peaches
Milk

7

Baked Mac and Cheese
Dinner Roll
Green Beans
Crunchy Carrots w/ Dip
Mandarin Oranges
Milk

8

Grilled Cheese Sandwich
Tomato Soup
Crunchy Carrots w/ Dip
Fruit Cocktail
Milk

11

Meatball Sandwich
Corn off the Cob
Fresh Romaine Salad
Applesauce w/ Cinnamon
Milk
MEATBALL MONDAY!!!

12

Grilled Ham and Cheese
Sandwich
Tater Tots
Fresh Vegetable Tray w/ Dip
Diced Peaches
Milk

13

Hot Dog on Bun
Baked Beans
Fresh Carrots and Celery
w/ dip
Diced Pears
Milk

14

Chicken Nuggets
w/ Dinner Roll
Mashed Potatoes
Mixed Veggies
Mandarin Oranges
Milk

15

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

18

Chicken Patty Sandwich
Potato Wedges
Baked Beans
Diced Pears
Milk

19

Grilled Turkey and Cheese
Sandwich
Potato Chips
Fresh Crunchy Carrots
Pineapple Tidbits
Milk

20

No School
Teacher Conference

21

Walking Tacos
Salsa
Sour Cream
Fresh Lettuce and Tomato
Mixed Vegetables
Mandarin Oranges
Milk

22

Pizza Friday!!
Green Beans
Fresh Romaine Salad
Fruit Cocktail
Milk

25

Chicken Nuggets
French Fries
Fresh Crunchy Carrots w/ Dip
Mandarin Oranges
Milk

26

Nachos w/ Beef & Cheese
Corn
Refried Beans
Fresh Lettuce and Tomato
Diced Peaches
Milk
TACO TUESDAY!!!

27

Fish Sticks
Tater Tots
Fresh Crispy Broccoli
Diced Pears
Milk

28

Cheese Ravioli in Sauce
Green Beans
Fresh Romaine Salad
Breadstick
Applesauce w/ Cinnamon
Milk

29

Pizza Friday!!
Mixed Vegetables
Fresh Romaine Salad
Fruit Cocktail
Milk