



Vegetarian

OCTOBER 2023

Sacred Heart Elementary School

Meal Prices
Milk is \$0.50
Paid: \$2.85
Reduced: \$0.00

Monday

Veggie Burgers
with or without Cheese
French Fries
Lettuce and Tomato
Pineapple Tidbits
Milk

2

Tuesday

Veggie and Cheese Tacos
Lettuce and Tomato
Sour Cream and Salsa
Mixed Vegetables
Diced Peaches
Milk

3

Wednesday

Spaghetti with Veggie Sauce
Broccoli
Romaine Salad
Applesauce
Milk
Wacky Spaghetti Wednesday!!!!

4

Thursday

Mac and Cheese
Fresh Carrots
Cooked Green Beans
Mandarin Oranges
Milk

5

Friday

Tomato Soup
Grilled Cheese
Fresh Carrots
Fruit Cocktail
Milk

6

Veggie Nuggets
French Fries
Crispy Fresh Carrots
Ranch Dip
Mandarin Oranges
Milk

9

Veggie Nuggets
Tater Tots
Fresh Broccoli
Diced pears
Milk

10

Cheese Ravioli
Green Beans
Fresh Romaine Salad
Garlic Breadstick
Applesauce with Cinnamon
Milk

11

Salad Bar
Diced Peaches
Milk
Silly Salad Thursday!

12

PIZZA FRIDAY!
Mixed Vegetables
Fresh Romaine Salad
Fruit Cocktail
Milk

13

Veggie Nugget Subs
Corn
Romaine Salad
Mandarin Oranges
Milk
MEATBALL MONDAY!!!!

16

Cheesy Sticks
Marinara Sauce
Green Sticks (Beans)
Crunchy Carrots with Dip
Diced Pears
Milk

17

Grilled Cheese
Tater Tots
Veggie Tray
Diced peaches
Milk

18

Veggie Nuggeys (Nuggets)
Dinner Roll
Mashed Potatoes
Mixed Veggies
Fruit Cocktail
Milk

19

Veggie Burger on Bun
Crispy Chips
Carrots and Celery
Applesauce
Milk
Tailgate meal!

20

Grilled Cheese
Potato Crisps
Tiny Carrots
Pineapple Tidbits
Milk

23

Walking Veggie Tacos
Salsa
Sour Cream
Lettuce and Tomato
Mixed Veggies
Mandarin Oranges
Milk
TACO TUESDAY!!!!!!!

24

Veggie Nuggeys (Nuggets)
French Fries
Mini Trees (Broccoli)
Applesauce with or without Cinnamon
Milk

25

Veggie Burger Sandwich
Baked Beans
Potato Wedges
Diced Pears
Milk

26

PIZZA FRIDAY!
Green Sticks (Beans)
Fresh Romaine Salad
Fruit Cocktail
Milk

27

Veggie Nugget subs
Corn
Romaine salad
Applesauce
Milk
MEATBALL MONDAY!!!!

30

Grilled Cheese
Tater Tots
Veggie Tray
Diced Peaches
Milk

31

How do you make a tissue dance?

Answer: Put a little boogie in it.



Choice of milk
Fat Free Chocolate
1% White

Build a delicious lunch
Start with 1-2 fruits and 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

Menu is subject to change.
We are an equal opportunity
provider and employer.