



OCTOBER 2023

Sacred Heart Elementary School

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

Monday

2

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

9

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

16

Meatball Subs
Corn
Romaine Salad
Mandarin Oranges
Milk
MEATBALL MONDAY!!!!

23

Grilled Turkey and Cheese
Potato Crisps
Tiny Carrots
Pineapple Tidbits
Milk

30

Meatball subs
Corn
Romaine salad
Applesauce
Milk
MEATBALL MONDAY!!!!

Tuesday

3

Chicken and Cheese Tacos
Lettuce and Tomato
Sour Cream and Salsa
Mixed Vegetables
Diced Peaches
Milk
TACO TUESDAY!!!

10

Fish Sticks
Tater Tot
Fresh Broccoli
Diced Pears
Milk

17

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

24

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

31

Grilled Ham and Cheese
Tater Tot
Veggie Tray
Diced Peaches
Milk

Wednesday

4

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

11

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

18

Grilled Ham and Cheese
Tater Tot
Veggie Tray
Diced peaches
Milk

25

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

Thursday

5

Mac and Cheese
Fresh Carrots
Cooked Green Beans
Mandarin Oranges
Milk

12

Salad Bar
Ham Luncheon Meat
Diced Peaches
Milk
Silly Salad Thursday!

19

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

26

Chicken Sandwich
Baked Beans
Potato Wedges
Diced Pears
Milk

Friday

6

Tomato Soup
Grilled Cheese
Fresh Carrots
Fruit Cocktail
Milk

13

PIZZA FRIDAY!
Mixed Vegetables
Fresh Romaine Salad
Fruit Cocktail
Milk

20

Hot Dog on Bun
Crispy Chips
Carrots and Celery
Applesauce
Milk
Tailgate meal!

27

PIZZA FRIDAY!
Green Beans
Fresh Romaine Salad
Fruit Cocktail
Milk

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.