



# OCTOBER 2023

## Sacred Heart Elementary School

Breakfast is free for everyone! Please enjoy a delicious and nutritious breakfast with us! Milk and juice are \$0.50

### Monday

2  
Cereal  
with Pop-tart/Nutri-Grain Bar  
Dried Peaches  
Juice  
Milk

9  
Cereal  
with Pop-tart/Yogurt  
Pineapple Tidbits  
Juice  
Milk

16  
Cereal  
with Pop-tart/Nutri-Grain Bar  
Diced Peaches  
Juice  
Milk

23  
Cereal  
with Pop-tart/Yogurt  
Pineapple Tidbits  
Juice  
Milk

30  
Cereal  
with Pop-tart/Nutri-Grain Bar  
Applesauce with Cinnamon  
Juice  
Milk

### Tuesday

3  
Blueberry Muffin  
Applesauce with Cinnamon  
Juice  
Milk

10  
Cinnamon Roll  
Applesauce with Cinnamon  
Juice  
Milk

17  
Egg and Cheese  
on English Muffin  
Mandarin Oranges  
Juice  
Milk

24  
Cinnamon Roll  
Applesauce with Cinnamon  
Juice  
Milk

31  
Blueberry Muffin  
Applesauce with Cinnamon  
Juice  
Milk

### Wednesday

4  
Pancakes with Syrup  
Sausage  
Bananas  
Juice  
Milk

11  
Pancakes with Syrup  
Sausage  
Orange Slices  
Juice  
Milk

18  
Pancakes with Syrup  
Sausage  
Bananas  
Juice  
Milk

25  
Pancakes with Syrup  
Orange Slices  
Juice  
Milk

### Thursday

5  
Egg and Cheese  
on English Muffin  
Mandarin Oranges  
Juice  
Milk

12  
French Toast Sticks  
with Syrup  
Diced Peaches  
Juice  
Milk

19  
Blueberry Muffin  
Applesauce with Cinnamon  
Juice  
Milk

26  
French Toast Sticks  
with Syrup  
Diced Peaches  
Juice  
Milk

### Friday

6  
Cereal  
with Pop-tart/Nutri-Grain Bar  
Applesauce  
Juice  
Milk

13  
Cereal  
with Pop-tart/ String cheese  
Banana  
Juice  
Milk

20  
Cereal  
with Pop-tart/Nutri-Grain Bar  
Applesauce with Cinnamon  
Juice  
Milk

27  
Cereal  
with Pop-tart/String Cheese  
Banana  
Juice  
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 Breakfast!  
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.