

- 2023 -

# NOVEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Sacred Heart School

### Vegetarian Lunch Menu

Meal prices:

Paid: \$2.85

Reduced: Free

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 ½ cup  
vegetable and/or ½ cup of fruit  
and 2 other components

Choice of Milk:

Fat Free Chocolate

1% White

**What's the key to a great  
Thanksgiving dinner?**

**A: The turKEY**

6

BBQ Veggie Sandwich  
Baked Beans  
Potato Wedges  
Diced Pears  
Milk

7

Walking Veggie Taco  
Tuesday  
Salsa  
Lettuce and Tomato  
Cooked Carrots  
Mandarin Oranges  
Milk

8

Veggie Nuggeys  
(Nuggets)  
Dinner Roll  
French Fries  
Mixed Vegetables  
Peach Slices  
Milk

9

Grilled Cheese  
Potato Crips  
Tiny Carrots with Ranch  
Pineapple Tidbits  
Milk

10

PIZZA FRIDAY!  
Green Beans  
Fresh Romaine Salad  
Funny Fruits  
Milk

13

Veggie Nuggets  
Tater Tots  
Fresh Broccoli  
Diced Pears  
Milk

14

Oven Fried Veggie Patty  
French Fries  
Crispy Carrots  
Ranch Dip  
Berries  
Milk

15

Cheese Ravioli  
Green Sticks (Beans)  
Fresh Salad  
Garlic Breadstick  
Applesauce with  
Cinnamon  
Milk

16

Salad Bar Thursday!  
Peaches  
Milk

17

PIZZA FRIDAY!  
Mixed Vegetables  
Salad from A Garden  
Fun Fruits  
Milk

20

Grilled Cheese  
Tomato Soup  
Carrots with Dip  
Berry Cup  
Milk

21

Spaghetti with  
Veggie Sauce  
Diced Carrots  
Romaine Salad  
Diced Pears  
Milk

22

Veggie Burger on Bun  
French Fries  
Lettuce and Tomato  
Assorted Fruit  
Milk

23

HAVE

24

A

27

FANTASTIC

28

BREAK!

29

Veggie Nuggeys  
Mashed Potatoes  
Mixed Veggies  
Mandarin Oranges  
Milk

30

Veggie Burger having a  
Roll  
Baked Beans  
Carrots and Celery  
Diced Pears  
Milk