

- 2023 -

# DECEMBER

## FRIDAY

**1** Cheesy Sticks  
Marinara Sauce  
Green Sticks (Beans)  
Crunchy Carrots in a  
Bath of Ranch  
Fruit Mix  
Milk

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

### 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

**4** BBQ Veggie Patty  
Having a Roll  
Baked Beans  
Potato Wedges  
Diced Pears  
Milk

**5** Walking Veggie  
Taco Tuesday  
Salsa  
Lettuce and Tomato  
Refried Beans & Peas Please  
Mandarin Oranges  
Milk  
**Hannah's Lunch Pick**

**6** Veggie Nuggeys  
(Nuggets)  
Dinner Roll  
Mashed Potatoes  
Mixed Veggies  
Peach Surprise  
Milk

**7** Grilled Cheese  
Potato Chippers  
Carrots Your Way  
(Cooked or Raw)  
Pineapple Tidbits  
Milk

**8** YAY YAY IT'S  
PIZZA DAY!!  
Green Sticks (Beans)  
Fresh Salad  
Fruits of Variety  
Milk

**11** Veggie Patty on Bun  
French Fries  
Lettuce Dance with  
Tomato  
Cooks Choice of Fruit  
Milk

**12** Taco w/ Veggie Meat  
Lettuce and Tomato  
Refried Beans  
Salsa Dancing  
Mixed Veggie Surprise  
Peaches  
Milk

**13** Wacky Spaghetti  
Wednesday  
Veggie Meat  
Broccoli  
Salad  
Applesauce  
Milk

**14** Mac & Cheese Day  
Carrots your way!  
(Cooked or Raw)  
Mandarin Oranges  
Milk

**15** Cream of Tomato Soup  
Grilled Cheese  
Carrots  
Fruit Mix  
Milk

**18** Veggie Nuggets  
Tater Tots  
Fresh Broccoli  
Diced Pears  
Milk  
**Nathan's Lunch Pick**

**19** Oven Fried Veggie Nuggets  
French Fries  
Carrots with Dip  
Berries  
Milk

**20** Salad Bar Special  
Peaches  
Milk

**21** Cheese Ravioli  
Green Beans  
Salad so Yummy  
Breadstick  
Applesauce Your Way  
Milk

**22** YAY YAY IT'S  
PIZZA DAY!!  
Mixed Vegetable Surprise  
Fresh Salad  
Fruits of Variety  
Milk

**25**

MERRY

**26**

CHRISTMAS

**27**

AND A

**28**

HAPPY

**29**

NEW YEAR!

Q: What did Adam say on the  
day before Christmas?

A: It's Christmas, Eve!