

- 2024 -

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sacred Heart School

Breakfast

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

Build a better breakfast:
Start with 1-2 fruits
Include 1-2 grains

Your meal must include a fruit and 2 components.

Choice of Milk:
Fat Free Chocolate
1% White

1

Welcome

2

Back!

3

Pancakes
with Sticky Syrup
Sausage
Orange Slices
Juice
Milk

4

French Toast Sticks
with Syrup
Peaches
Juice
Milk

5

Cereal with
String Cheese/Pop-Tart
Applesauce with or
without Cinnamon
Juice
Milk

8

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with or without
Cinnamon
Juice
Milk

9

Blueberry Muffin
Applesauce
Juice
Milk

10

Pancakes
with Sticky Syrup
Sausage
Banana
Juice
Milk

11

Egg and Cheese
on English Muffin
Mandarin Oranges
Juice
Milk

12

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with or
without Cinnamon
Juice
Milk

15

MLK Day
No School

16

Cinnamon Roll
Applesauce with or
without Cinnamon
Juice
Milk

17

Pancakes
with Sticky Syrup
Sausage
Orange Slices
Juice
Milk

18

French Toast Sticks
with Syrup
Peaches
Juice
Milk
Addy's Breakfast Pick

19

Cereal with
String Cheese/Pop-Tart
Applesauce with or
without Cinnamon
Juice
Milk

22

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with or
without Cinnamon
Juice
Milk

23

Blueberry Muffin
Applesauce
Juice
Milk

24

Pancakes
with Sticky Syrup
Sausage
Banana
Juice
Milk

25

Egg and Cheese
on English Muffin
Mandarin Oranges
Juice
Milk

26

Cereal with
Nutri-Grain Bar/Pop-Tart
Applesauce with or
without Cinnamon
Juice
Milk

29

Cereal
with Yogurt/Pop-Tart
Pineapple
Juice
Milk

30

Cinnamon Roll
Applesauce with or
without Cinnamon
Juice
Milk

31

Pancakes
with Sticky Syrup
Sausage
Orange Slices
Juice
Milk

Q: What kind of Ball doesn't bounce?

A: A snow ball!

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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.