

- 2024 -

FEBRUARY

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

Q: What shade of red is your heart?
A: Beat Red!

MONDAY

5 Veggie Nuggies
(Nuggets)
Dinner Roll
Mashed Potatoes
Mixed Veggies
Peach Peach
Milk

12 Veggie Patty Sitting on
a Bun
French Fries
Lettuce Dancing with
Tomato
Strawberries or
Mandarin Oranges
Milk

19 NO SCHOOL
Presidents Day

26 MEATBALL MONDAY!
Veggie Nugget Subs
Corn
Salad
Mandarin Oranges
Milk

TUESDAY

6 BBQ Veggie Patty
Riding a Roll
Baked Beans
French Fries
Pears So Yummy
Milk

13 VEGGIE TACO TUESDAY!
Lettuce and Tomato
Refried Beans
Salsa Dance
Mixed Veggies
Peaches
Milk

20 Veggie Patty
Sandwich
French Fries
Carrots Your Way
(Cooked or Raw)
Pineapple
Milk

27 Veggie Nuggies
(Nuggets)
French Fries
Mini Trees (Broccoli)
Milk

WEDNESDAY

7 Grilled Cheese
Potato Crisps
Carrots Your Way!
(Cooked or Raw)
Pineapple
Milk

14 Wacky Spaghetti
Wednesday with
Veggie Balls
Broccoli
Salad
Applesauce
Milk

21 Veggie Nuggies
(Nuggets)
Tater Tots
Fresh Broccoli
Pears
Milk

28 Grilled Cheese
Tater Tots
Veggie Tray
Pineapple
Milk

THURSDAY

1 Veggie Nuggies
(Nuggets)
French Fries
Mini Trees (Broccoli)
Milk

8 Walking Veggie Taco
Thursday!
Salsa Dance
Lettuce and Tomato
Refried Beans
Corn off the Cob
Mandarin Oranges
Milk

15 Homemade Mac and
Cheese
Carrots your way
(cooked or Raw)
Mandarin Oranges
Milk

22 Salad Bar
Peaches
Milk

29 Veggie Burger having
a Roll
Baked Beans
Carrots and Celery
Fruit Cocktail
Milk

FRIDAY

2 Cheese sticks
Marinara Sauce
Carrots in a Bath of
Ranch
Fruit Mix Surprise
Milk

9 HOMEMADE PIZZA
FRIDAY!!
Mixed Veggies
Salad from a Garden
Fruit Mix
Milk
Mason Lunch Pick

16 Cream of Tomato Soup
Grilled Cheese
Carrots your way!
(Cooked or Raw)
Fruit Salad (Yummy
yummy)
Milk
Julia Lunch Pick

23 HOMEMADE PIZZA
FRIDAY!!
Green Sticks (Beans)
Salad from a Garden
Fruit Mix
Milk