

- 2024 - MARCH

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 do rabbits say before
they eat?**

A: Lettuce pray

MONDAY

4 Grilled Cheese
Potato Crips
Carrots Your Way!
(Raw or Cooked)
Pineapple
Milk

11 Veggie Burger Sitting
Pretty on a Bun
French Fries
Lettuce and Tomato
Peaches
Milk

18 Veggie Nuggets
Tater Tots
Fresh Broccoli
Pears
Milk

25 VEGGIE NUGGET SUB
MONDAY!
Corn
Salad
Mandarin Oranges
Milk

TUESDAY

5 Veggie Nuggets
Dinner Roll
Mashed Potatoes
Mixed Veggies
Peaches
Milk

12 Veggie Taco Tuesday!!
Lettuce Dance with
Tomato
Black Beans and Rice
Salsa Dancing
Corn
Pears
Milk

19 Veggie Patty Riding a
Bun
French Fries
Carrots Your Way
(Cooked or Raw)
Pineapple
Milk

26 Veggie Nuggies
(Veggie Nuggets)
French Fries
Mini Trees (Broccoli)
Peaches
Milk

WEDNESDAY

6 Walking Veggie Taco
Wednesday!
Salsa Dancing
Lettuce and Tomato
Black Beans and Rice
Corn Off the Cob
Mandarin Oranges
Milk

13 Wacky Spaghetti
Wednesday with
Veggie Nuggets
Green Beans
Salad
Applesauce
Milk

20 Cheese Ravioli
Green Sticks (Beans)
Salad from the
Garden
Applesauce your way
Milk

27 Veggie Patty On a Roll
Baked Beans
Carrots and Celery
Pears
Milk

THURSDAY

7 BBQ Veggie Patty On
a Roll
Baked Beans
Frenchy Fries
Pears
Milk

14 Homemade Mac and
Cheese
Carrots your Way!
(Cooked or Raw)
Mandarin Oranges
Milk

21 Salad Bar
Dinner Roll
Peaches
Milk

28 Cheese Sticks
Marinara Sauce
Carrots in a Bath of
Ranch
Fruit Mix
Milk

FRIDAY

1 Cheese Sticks
Marinara Sauce
Carrots in a Bath of
Ranch
Cooked Carrots
Fruit Mix
Milk

8 HOMEAID PIZZA
FRIDAY!!
Mixed Veggies
Salad
Fruit Mix
Milk

15 Tomato Soup
Grilled Cheese
Carrots Your Way!
(Cooked or Raw)
Fruit Mix
Milk

22 HOMEAID PIZZA
FRIDAY!!
Green Beans
Salad
Fruit Mix
Milk

29 No School Easter
Break