







SACRED HEART SCHOOL LUNCH MENU



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Cereal Toast - Yogurt/Egg Fruit - Juice - Milk	Cinnamon Roll Cereal - Toast - Yogurt/Egg Fruit - Juice - Milk	Hot Breakfast Cereal Fruit - Juice - Milk	Bagel Cereal - Yogurt/Egg Fruit - Juice - Milk	Yogurt Parfait Cereal -Banana Bread Fruit - Juice - Milk

Lunch

5- No School	6	7	8	9
 Give Thanks	Popcorn Chicken (8g) Macaroni and Cheese Fruit Salad Bar Milk	Burrito Bowl Cilantro Lime Rice Chips Fruit Salad Bar Milk	Rotini (21g) w/Meat Sauce French Bread (15g) Fruit Salad Bar Milk	Chili Cinnamon Roll Fruit Salad Bar Milk
12	13	14- National Pickle Day	15	16
Chicken Strips (7g) Waffles (8g) Fruit Salad Bar Milk	Corn Dog (13g) Beans Fruit Salad Bar Milk	Chicken Patty on a Bun(45g) Pickle Potato Chips Pickle Spears Fruit Salad Bar Milk	Baked Rotini Garlic Bread Stick (17g) Fruit Salad Bar Milk	Taco Salad Refried Beans Cinnamon Roll Fruit Salad Bar Milk
19	20	21- No School	22- Thanksgiving	23-No School
Chicken Nuggets (16g) Buttered Noodles Fruit Salad Bar Milk	Ham Cheesey Potatoes Hot Veggie & Dinner Roll Fruit Salad Bar Milk			
26	27	28	29	30
Chicken Strips (7g) Mashed Potato (18g) w/gravy Dinner Roll (18g) Fruit Salad Bar Milk	Taco in a Bag Fruit Salad Bar Milk	Chicken Noodle Soup Biscuit Fruit Salad Bar Milk	Penne Pasta (40g) W/ Marinara (14g) or Alfredo (17g) Bosco Cheese Stick (16g) Fruit Salad Bar Milk	Burger Bar (31g) Salad Bar Fruit Salad Bar Milk

* carb counts are in parenthesis per elementary serving

Breakfast Meal Rate

K-6 \$1.70 7-12 \$2.20 *Must include 3 components*
 Staff & Adult Guest \$2.50 *One must be fruit*
 Extra Milk \$0.55

Lunch Meal Rate

K-6 \$2.70 7-12 \$2.85 *Must include 3 components*
 Staff \$3.60 Guest \$3.80 *one must be fruit or veggie*
 Add'l Entrée Varies Max \$2
 Extra Milk \$0.55