









# SACRED HEART FOOD SERVICE MENU



## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal or Muffin Yogurt Fruit, Juice, &/or Milk	Cereal or Poptart/Toast Yogurt Fruit, Juice, &/or Milk	Hot Breakfast Fruit, Juice, &/or Milk	Cereal or Cinnamon Roll/Toast Yogurt Fruit, Juice, &/or Milk	Cereal or Donut Yogurt Fruit, Juice, &/or Milk

## Lunch

29	30	1	2	3
Chicken Strip Garlic Toast Fries Fruit Milk	Chicken Fajita Bowl Rice Fiesta Beans & Corn Fruit Milk	 Sloppy Joe Calico Beans Vegetable Fruit Milk	Italian Dunkers Meatballs in Marinara Vegetable Fruit Milk 	French Toast Sticks Yogurt Hash Brown Patty Fruit Milk
6	7	8	9	10
Sweet & Sour Chicken Rice Vegetable Fruit Milk 	Soft Shell Taco Chips & Salsa Refried Beans Fruit Milk	Ham & Potato Soup Cheddar Biscuit Vegetable Fruit Milk	Rotini w/Meat Sauce Garlic Toast Vegetable Fruit Milk 	Cheese Pizza Breadstick Vegetable Fruit Milk
13	14	15	16	17
Chicken Nuggets Dinner Roll Vegetable Fruit Milk 	Burritos Potato Ole's Vegetable Fruit Milk	Hot Dog Vegetable Fruit Milk	Polly's Pizza Burgers Vegetable Fruit Milk	Cheese Tortellini IN Marinara Sauce Vegetable Fruit Milk
20	21	22		
Chicken Patty Fries Vegetable Fruit Milk	Nacho Plate Refried Beans Vegetable Fruit Milk	Pepperoni Pizza Breadstick Vegetable Fruit Milk		

***\*Menu subject to change due to availability and delivery delays***

One reimbursable breakfast and lunch per day is free. A second milk is \$.55 and an extra entrée, if offered, is \$2.00.

### Food components offered

1. Fruit
2. Vegetable
3. Protein
4. Grain
5. Milk

A reimbursable breakfast must include 2 items with 1 being a fruit.

A reimbursable lunch must include 3 of the 5 components with 1 being a fruit or vegetable.