








# 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

4	5	6	7	8
Chicken Gravy & Mashed Potatoes Dinner Roll Fruit Milk	 Chicken Fajita Bowl Rice Fiesta Beans & Corn Fruit Milk	Deli Sandwich Broccoli Cheese Soup Vegetable Fruit Milk	Polly's Pizza Burgers Vegetable Fruit Milk	Cheese Lasagna Roll Up IN Marinara Sauce Garlic Toast Vegetable Fruit Milk
11	12	13	14	15
Sweet & Sour Chicken Rice Vegetable Fruit Milk	Beef & Bean Burritos Potato Ole's Fruit Milk	Sloppy Joe Vegetable Fruit Milk	Rotini & Meatballs IN Sauce Garlic Toast Vegetable Fruit Milk	French Toast Sticks Yogurt Hash Brown Patty Fruit Milk
18	19		21	22
Chicken Nuggets Biscuit Vegetable Fruit Milk	Pepperoni Pizza Breadstick Vegetable Fruit Milk	Knoephla Soup Soft Pretzel Vegetable Fruit Milk		
25	26	27	28	29
Chicken Patty Sweet Potato Fries Vegetable Fruit Milk	Taco in a Bag Vegetable Fruit Milk	 Hot Dog Baked Beans Vegetable Fruit Milk	Chili Fritos Baked Potato Fruit Milk	Italian Dunkers Marinara Sauce Vegetable Fruit Milk Trick or TREAT

***\*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 meal must include 3 of the 5 components with 1 being a fruit and/or vegetable.