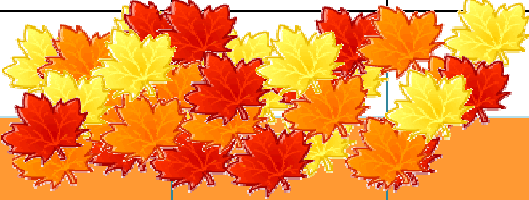



# Sacred Heart School November 2018 Breakfast and Lunch Menu

\*\*Menu is subject to change based on availability of fresh produce and commodities

For questions regarding the Sacred Heart School Meal Program, please contact Christy Johnson, Director of Food Services 580-6332 or [cjohnson@spencersacredheart.com](mailto:cjohnson@spencersacredheart.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Breakfast: French Toast Sticks, Fruit Juice Milk	Breakfast: Pancake on a stick, Fruit, Juice, Milk	
				Lunch: Popcorn Chicken, Mashed Potatoes, Peas, Mixed Fruit	Lunch: Tater Tot Casserole, Butter Bread, Cauliflower, Pears	
4	5	6	7	8	9	10
	Breakfast: Egg and cheese sandwich, Fruit, Juice, Milk	Breakfast: Breakfast Pizza, Fruit, Juice, Milk	Breakfast: WG Waffles, Fruit, Juice, Milk	Breakfast: WG Cereal, WG Toast, Fruit, Juice, Milk	Breakfast: WG Pancakes, Fruit, Juice, Milk	
	Lunch: Mr.Rib, French Fries, Green Beans,Apple Sauce	Lunch: Cowboy Cavatina, WW Roll, Carrots, Seasonal Fruit	Lunch: Taco Salad W/Chips, Fiesta Corn, Peaches, Lettuce, Cheese	Lunch: Macaroni & Cheese, Meatballs, Peas, Mixed Fruit, Red Pepper Slice	Lunch: Egg Omelet W/Cheese, Pancake Stick, Tri-Tater, Orange Slice, Side Kick	
11	12	13	14	15	16	17
	Breakfast: Strawberry Cereal, WG Toast, Fruit, Juice	Breakfast: Yogurt, Muffin, Fruit, Juice	Breakfast: Oatmeal Fruit, Juice, Milk	Breakfast: WG Cereal, WG Toast, Fruit, Juice, Milk	Breakfast: Granola Bar, Fruit, Juice, Milk	
	Lunch: Spaghetti W/Meat Sauce, Garlic Bread, Garden Salad, Peas,Madarin Oranges	Lunch: Crispito, Cheese, Refried Beans, Corn Mixed fruit	Lunch: Hamburger W/Bun, French Fries, Tomato Slice, Pineapple	Lunch: Chicken Drummy, Red Potatoes, Carrots, Pears	Lunch: Chicken Wrap, Spanish Rice, Green Beans, Peaches, Lettuce	
18	19	20	21	22	23	24
	Breakfast: WG Bagel, Yogurt, Fruit, Juice, Milk	Breakfast: Egg & Cheese Sandwich	No School	No School	No School	
	Lunch: Pizza, Cauliflower W/Ranch, Motz Sticks, Apple Sauce	Lunch: Sloppy Joes, Mashed potatoes, Calico Beans, Mixed Fruit	<b>Happy Thanksgiving</b>			
25	26	27	28	29	30	
	Breakfast: WG Cinni Mini, Fruit, Juice, Milk	Breakfast: WG Waffles, Fruit, Juice, Milk	Breakfast: Pancake on a stick, Fruit, Juice, Milk	Breakfast: Cereal, WW toast, Fruit, Juice, Milk	Breakfast: Strawberry Bagel, Yogurt, Juice, Fruit, Milk	
	Lunch: Biscuits & Gravy, Hash Brown, Peas, Peaches	Lunch: Meat Sub w/Cheese, Carrots W/Hummus, Chips, Mandarina Oranges	Lunch: Cheese Bread Sticks, W/ Marinara, Mashed Potatoes, Broccoli, Pears	Lunch: Tomato Soup, Uncrustable, Celery, Pineapple	Lunch: Hot Dog W/ Bun, French Fries, Corn, Seasonal Fruit	