




Sacred Heart School Menu January, 2019



| Monday | Tuesday | Wednesday | Thursday | Friday | News |
|--|--|--|---|--|---|
| Jan-7 Chicken Nuggets Dinner Roll Mixed Vegetables Pineapple Milk | Jan-8 Cheeseburger w pickles French Fries Mixed Berry Cup Milk | Jan-9 Mini Corn Dogs Baked Beans Baby Carrots w Dip Banana Milk | Jan-10 Popcorn chicken Steamed Rice Broccoli Mandarin Oranges Fortune Cookie Milk Choice:General Tso or Sweet & Sour Sauce | Jan-11 Stuffed Crust Pizza Caesar Salad Applesauce Milk | 1st-4th- Christmas Break 7th- Back to School 11th- Grade Cards 15th- Staff Meeting 17th- Choir Practice 21st- No School 24th- Choir Practice 27th- Open House Catholic Schools Week Breakfast: We offer various entree options including toaster pastries, muffins, cereal, and yogurt. Breakfast also includes milk and choice of fruit or 100% fruit juice. Breakfast is served in the cafeteria each morning before school. If you are eligible for free or reduced price lunch you are also eligible for free or reduced breakfast. |
| Jan-14 Chicken Littles Green Beans Pears Milk | Jan-15 Beef Soft Taco w Cheese Shredded Lettuce Potato Wedge/Black Beans Sorbet Cup Milk | Jan-16 Lasagna Roll Up Garlic Breadstick Steamed Broccoli Peaches Milk Choice: Un crustable | Jan-17 Chicken Fry Dinner Roll Mashed Potatoes w Gravy Fresh Apple Milk | Jan-18 Toasted Cheese Sandwich Tomato Soup Pickle Spear Mixed Fruit Milk | Breakfast: We offer various entree options including toaster pastries, muffins, cereal, and yogurt. Breakfast also includes milk and choice of fruit or 100% fruit juice. Breakfast is served in the cafeteria each morning before school. If you are eligible for free or reduced price lunch you are also eligible for free or reduced breakfast. |
| Jan-21 No School Martin Luther King Jr. Day  | Jan-22 Cinn. Glazed French Toast Sausage Potato Wedge Juice Milk | Jan-23 Chicken Patty Sandwich Mixed Vegetables Baby Carrots w Dip Peach Cup Milk | Jan-24 Frito Flip Corn Pineapple Milk | Jan-25 Stuffed Breadsticks w Sauce Caesar Salad Pears Milk | Accessing your child's cafeteria account: If you want to see your child's cafeteria balance, see what he or she is purchasing, or make payments on the account using a credit/debit card or checking account, sign up today at https://www.k12paymentcenter.com Offer vs Serve is a provision of the National School Lunch program that allows students to refuse up to two items of the lunch menu and one item from the breakfast menu. If a student refuses one or two items the full price is still charged therefore we encourage students to take the full meal. Breakfast is \$1.25 and lunch is \$2.75. If your family qualifies for reduced price meals breakfast is \$.30 and lunch is \$.40. |
| Jan-28 Macaroni & Cheese w/Apple Muffin Bread Steamed Broccoli/ Peas Mandarin Oranges Milk Choice:Un crustable | Jan-29 Nachos w Taco Meat & Chz Corn/Black Beans Sorbet Cup Milk | Jan-30 Hot Dog on Bun Tater Tots Baby Carrots w Dip Applesauce Milk | Jan-31 Salisbury Steak Dinner Roll Mashed Potatoes w Gravy Mixed Fruit Milk | Feb-1 Pizza Tossed Salad Pears Milk Choice:Calzone | |