

Sacred Heart School January 2019 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	No School 		No School	Breakfast: GoGurt, Muffin, Fruit, Juice, Milk Lunch: Chicken Drummy, Mashed Potatoes, Mixed Veggies, Pears	Breakfast: Oatmeal, WG Toast, Fruit, Juice, Milk Lunch: Chicken Wrap, Spanish Rice, Green Beans, Peaches	
6	7	8	9	10	11	12
	Breakfast: French Toast Sticks, Fruit, Juice, Milk Lunch: Sloppy Joes, French Fries, Calico Beans, Mixed Fruit	Breakfast: Egg & Cheese Sandwich, Fruit, Juice, Milk Lunch: Meat Loaf, Red Potatoes, Cole Slaw, Corn, Banana	Breakfast: WG Cereal, WG Toast, Juice, Milk Lunch: Pizza, Bread Stick Cauliflower, Apple Sauce	Breakfast: Egg W/Cheese Omelet, Fruit, Juice, Milk Lunch: Philly Cheese, Carrots, Grapes, Yogurt Cup	Breakfast: WG Cinnamon Roll, Fruit, Juice, Milk Lunch: Chicken Hash brown Casserole, Garlic Bread, Spinach, Mixed Fruit	
13	14	15	16	17	18	19
	No School	Breakfast: WG Cereal, WG Toast, Fruit, Juice, Milk Lunch: Meat Sub W/Cheese, Carrots W/Hummus, Chips, Mandarin Oranges	Breakfast: Pancake on a stick, Fruit, Juice, Milk Lunch: Cheese Bread Stick W/Marinara, Mashed Potatoes, Broccoli, Pears	Breakfast: WG Waffles, Fruit, Juice, Milk Lunch: Vegetable Beef Soup, Cheese Sandwich, Lettuce, Pineapple	Breakfast: WG Cinnamon Roll, Fruit, Juice, Milk Lunch: Hot Dog w/Bun, French Fries, Corn, Peaches	
20	21	22	23	24	25	26
	Breakfast: Breakfast Pizza, Fruit, Juice, Milk Lunch: Orange Chicken, Rice, Egg Roll Cauliflower, Pears	Breakfast: WG Bagel, Fruit, Juice, Milk Lunch: Maid Rite, Baked Beans, Green Beans, Tropical Fruit	Breakfast: WG Cereal, WG Toast, Juice, Milk Lunch: Corn Dogs, Tater Tots, Tomato Salad, Pineapple	Breakfast: GoGurt, Snack Bread, Fruit, Juice, Milk Lunch: Chicken Tetrazzini, Sweet Potato Puff, Corn, Apple	Breakfast: Egg & Cheese Sandwich, Fruit, Juice, Milk Lunch: Scalloped Potatoes & Ham, Lettuce, Celery w/ Peanut Butter, Peaches	
27	28	29	30	31		
	Breakfast: WG Cereal, WW Toast, Fruit, Juice, Milk Lunch: Swedish Meatballs w/ noodles, Carrots, Peaches	Breakfast: WG Pancakes, Fruit, Juice, Milk Lunch: French Toast Sticks, Egg, Hash Brown, Corn, Pineapple	Breakfast: Granola Bar, Fruit, Juice, Milk Lunch: Pork Sandwich, French Fries, Spring Salad, Apple			