

SEPTEMBER 2020

Sacred Heart Lunch Menu

Any questions/concerns with the menu, please contact Christy Johnson at cjohnson@spencersacredheart.com or 712-262-6428

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: Long John **1**
Lunch: Pizza, Bread Stick, Cherry tomatoes Applesauce

Breakfast: Breakfast Sandwich **2**
Lunch: Meatloaf, Green Beans, Mashed Potatoes, Pears

Breakfast: Cereal, Toast **3**
Lunch: Hamburger W/Bun, French Fries, Carrot Sticks, Peaches

Breakfast: Mini Bagel **4**
Lunch: Chicken Patty W/Bun, Baked Beans, Red Pepper Slices, Oranges

No School **7**

Breakfast: Smoothie **8**
Lunch: Lunch Meat Sandwich, Mixed Raw Veggies, Raisels

Breakfast: Yogurt, WG Muffin **9**
Lunch: Crispito, Peas, Salad, Orange Slices, Churro

Breakfast: Cereal, Toast **10**
Lunch: Chicken Nuggets, Tater tots, Corn, Mixed Fruit

Breakfast: Long John **11**
Lunch: PBJ's, Chips, Carrots, Apple Slices

Breakfast: Breakfast Sandwich **14**
Lunch: Corn Dog Curly Fries, Carmel Apples, Breaded Cauliflower bites

Breakfast: Smoothie **15**
Lunch: Pork Patty W/Bun, Cheese Balls Side Kick, Carrots Sticks

Breakfast: Granola Bar **16**
Lunch: Walking tacos, (TLC), Corn nuggets, Strawberries, Dutch Waffle sticks

Breakfast: Cereal, Toast **17**
Lunch: Maid-Rites, Cheese Fries, Watermelon, Cucumbers

No School **18**

No School **21**

Breakfast: Waffles **22**
Lunch: Hot Ham & Cheese, Cucumbers, Mashed Potatoes, Banana

Breakfast: Pop tart **23**
Lunch: Chicken Ranch Casserole, Salad, Peaches

Breakfast: Cereal, Toast **24**
Lunch: Cheese Sandwich, Carrots, Goldfish, Applesauce

Breakfast: Pancakes **25**
Lunch: Pizza, Mixed Raw Veggies, Pears

Breakfast: Smoothie **28**
Lunch: Mr. Rib W/Bun, Red Potatoes, Green Beans, Mixed Fruit

Breakfast: WG Muffin **29**
Lunch: Chicken Fajita, L&C, Corn, Pineapple

Breakfast: Pop tart **30**
Lunch: Meat Sandwich, Cheese Stick, WG Cracker, Fruit Cup

**** This institution is an equal opportunity provider****

All Breakfasts will be served with Milk, Fruit, and Juice. All Lunches will be served with white or chocolate milk.