

JANUARY 2021

Sacred Heart

Any questions or concerns please contact Christy Johnson at cjohnson@spencersacredheart.com or at 712-262-6428

Monday

Tuesday

Wednesday

Thursday

Friday

1

NO SCHOOL

4

Breakfast: Burrito

5

Breakfast: Pop tart

6

Breakfast: Smoothie, Muffin

7

Breakfast: Waffles

8

NO SCHOOL

Lunch: Goulash, Garlic Bread, Corn, Mango

Lunch: Meatball Sub, Mashed Potatoes, Green Beans, Mixed Fruit

Lunch: Chicken Alfredo, Cheese Bread, Broccoli, Grapes

Lunch: Cheese Burger, French Fries, Baked Beans, Tomato Slice, Pear

Breakfast: Pancakes

11

Breakfast: Breakfast Sandwich

12

Breakfast: Cereal Bar

13

Breakfast: Cereal

14

Breakfast: Frudel

15

Lunch: Meatloaf, Mashed Potatoes, Cauliflower, Peaches

Lunch: Egg Omelet, Trittater, Waffles, Broccoli, Pears

Lunch: Hot Dogs W/bun, Bakes Beans, Red Pepper Slices, Mandarin Oranges

Lunch: Cavatini, WW Roll, Carrots, Mixed Fruit

Lunch: Pizza, Pineapple, Corn, Breadstick, Lettuce

18

Breakfast: Pop tart

19

Breakfast: Cinnamon Roll

20

Breakfast: Cereal

21

Breakfast: Waffles

22

NO SCHOOL

Lunch: Orange Chicken, Stir fry Veggies, Rice, Whole Fruit Cup

Lunch: Sloppy Joes, Calico Beans, Romaine Lettuce, Orange Slices

Lunch: Chicken Ranch Casserole, Cucumbers & Carrots, Strawberry & Peaches

Lunch: Crispito, Mixed Veggies, Pineapple, Dutch Waffle Sticks

25

Breakfast: Cereal Bar

Breakfast: Smoothie & Muffin

26

Breakfast: Breakfast Sandwich

27

Breakfast: Pancakes

28

Breakfast: Pop tart

29

Lunch: Macaroni & Cheese, Butter Bread, Carrots, Pineapple & Blueberries

Lunch: Taco Salad, Green Beans, Tropical Fruit, Lettuce/Cheese

Lunch: Pork Patty W/Bun, Baked Beans, Tomato Slice, Peaches

Lunch: Spaghetti W/ Meat Sauce, Garlic Bread, Romaine Lettuce, Pears, Celery

Lunch: Chicken Nuggets, Tater Tots, Corn, Mixed Fruit

** THIS INSITUTION IS AN EQUAL OPPROTUNITY PROVIDER**

All Breakfasts are served with a choice of Milk, Juice and Fruit

All lunches are served with a choice of white or chocolate Milk