

OCTOBER 2020

Sacred Heart Lunch Menu

Any questions or concerns about the menu please
 Contact: Christy Johnson at
CJohnson@snoencsacredheart.com
 Or 712-252-6428

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Long John 5 Lunch: Cavatini, WW Roll, Carrots, Mixed Fruit	Breakfast: Granola Bar 6 Lunch: Meat Loaf, Mashed Potatoes, Broccoli, Pears	Breakfast: Cereal, Toast 7 Lunch: Hot Dog W/ Bun, Calico Beans, Red Peppers, Mandarin Oranges	Breakfast: Breakfast Sandwich 8 Lunch: Egg Omelet, Tri-Tater, French toast, Peaches	Breakfast: Pancakes 2 Lunch: Chicken Nuggets, French Fries, Green Beans, Pears
NO SCHOOL 12	Breakfast: Waffles 13 Lunch: Biscuit & Gravy, Green Beans, Apple Sauce	Breakfast: Smoothie 14 Lunch: Orange Chicken, Stir Fry Veggies, Strawberries, Rice	Breakfast: Cereal, Toast 15 Lunch: Hot Ham & Cheese, Cucumbers, Mashed Potatoes, Banana	Breakfast: WG Muffin, Yogurt 6 Lunch: Meat Sandwich, Chips, Carrots, Apples
Breakfast: Pancakes 19 Lunch: Macaroni & Cheese, Butter Bread, Peas, Pineapple & Blue-berries	Breakfast: Smoothie 20 Lunch: Taco Salad W/Chips Lettuce, Cheese, Mixed Veggies, Tropical Fruit	Breakfast: Pop tarts 21 Lunch: Chicken Sandwich W/Bun, Baked Beans, Tomato Slices, Peaches	Breakfast: Cereal, Toast 22 Lunch: Spaghetti W/Meat Sauce, Bread Stick, Romaine Lettuce, Pears, Celery	Breakfast: Granola Bar 23 Lunch: Chicken Nuggets, Tater Tots, Corn Mixed Fruit
Breakfast: Cereal, Toast 26 Lunch: Chicken Ranch Casserole, Bread Stick, Green Beans, Mandarin Oranges	Breakfast: Long John 27 Lunch: Egg Omelet, Waffles, Tater Tots, Peas, Mixed Fruit	Breakfast: Breakfast Sandwich 28 Lunch, Crispito, Corn, Orange Slices, Waffle Sticks	Breakfast: Cereal Bars 29 Lunch: Pizza, Bread Stick, Salad, Corn, Peaches	Breakfast: WG Muffin, Yogurt 30 Lunch: Mummy Rolls, Fried Skeleton Bones, Spooky Eye Balls, Baby Vampire Crutchees, Snail Slime

** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER **

All breakfasts will be served with milk, juice, and fruit
 All lunched are served with white or chocolate milk

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

