

# JULY 2021

## Sacred Heart

Any questions or concerns about the menu, please contact Christy Johnson at [cjohnson@spencersacredheart.com](mailto:cjohnson@spencersacredheart.com) or at 712-262-6428

\*\*This menu is subject to change without notice depending on availability of product.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Breakfast: Pancakes **5**  
Lunch: Mac & Cheese, Butter Bread, Carrots, Pineapple & Blueberries

Breakfast: Pop tarts **6**  
Lunch: Pizza, Peaches, Breadstick, Romaine Lettuce

Breakfast: Smoothie & Muffin **7**  
Lunch: Chicken Nuggets, Tater Tots, Cauliflower, Grapes

Breakfast: Smoothie & Muffin **1**  
Lunch: Crispito, Peas, Orange slices, Dutch Waffle Stick

Breakfast: Waffles **2**  
Lunch: Corn Dogs, Baked Beans, Broccoli, Applesauce

Breakfast: Smoothie, Cheese Stick **12**  
Lunch: Scalloped Potatoes & Ham, California Blend veggies, Peaches, Butter bread

Breakfast: Cereal **13**  
Lunch Meat Sandwich W/Cheese, Carrots, Apple Sauce,

Breakfast: Mini Bagels **14**  
Lunch: Spaghetti, Bread Stick, Broccoli, Celery, Banana

Breakfast: Donut **8**  
Lunch: Mr. Rib w/bun, Seasoned Potatoes Mixed Fruit

Breakfast: Granola Bar **9**  
Lunch: Pizza, Mango, Corn, Breadstick, Broccoli

Breakfast: Granola Bar **15**  
Lunch: Cheese Bread, Marinara Sauce, Romaine Lettuce, Corn, Mixed Fruit

Breakfast: Waffles **16**  
Lunch: Chicken Patty W/Bun, Tater tots, Cherry Tomato, Peaches

Breakfast: Pop tart **19**  
Lunch: Egg Omelet, Tri-ta-ter, Pancakes, Corn, Peaches

Breakfast: Frudel **20**  
Lunch: Hamburger W/Bun, Baked Beans, Red Pepper Slices,

Breakfast: French toast **21**  
Lunch: Calzone, Romaine Lettuce, Carrots, Mixed Fruit

Breakfast: Cereal Bar **22**  
Lunch: Meatloaf, Mashed Potatoes, Broccoli, Pears

Breakfast: Pop tart **23**  
Lunch: PB'Js, Apple Slices, Carrot, Chips

Breakfast: Waffles **26**  
Lunch: Hot Ham & Cheese, Green Beans, Mashed Potatoes, Side Kick

Breakfast: Cereal **27**  
Lunch: Chicken Ranch Casserole, Bread Stick, Mandarin Oranges

Breakfast: Pop Tart **28**  
Lunch: Cheese Nachos, Mixed Veggies, Tropical Fruit, Salsa

Breakfast: Cereal Bar **29**  
Lunch: Popcorn Chicken, Tater Tots, Corn, Mixed Fruit

Breakfast: Muffins & Yogurt **30**  
Lunch: Biscuits & Gravy, Green Beans, Applesauce, Celery

**\*\* THIS INSTITUTION IS AN EQUAL OPPORTUNITY 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.