

Sacred Heart IGLLS

January 2025



Where do baby apes sleep?

In apricots!



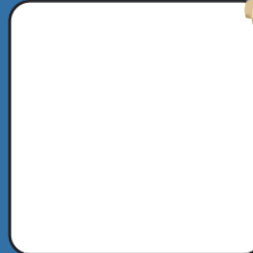
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
No school.
Winter break.

2
No school.
Winter break.

3
No school.
Winter break.

6 Pancake & sausage stick

Ham & Cheese on WG bun, baked beans, carrots, applesauce

7 Egg Omelet

Chicken nuggets, French fries, Broccoli & ranch, Mandarin oranges

8 Cereal & Toast

Spaghetti Romaine Salad Garlic Breadstick Diced Peaches

9 Pancakes

Fish Sticks Buttery Mashed potatoes, peas, Pineapple

10 French Toast

Pork Tenderloin, WG bun, tater Wedges, cooked carrots, diced pears

13 NO SCHOOL
This week's menu selected by Dakota, Kinsley, Beckett & Layton Dean, who gained this opportunity by Bidding at the Gala

14 Breakfast Pizza

Beef Nachos with cheese & lettuce, corn, refried beans, berry cups

15 Egg/cheese mcmuffin

Pepperoni pizza, Cauliflower & broccoli, romaine salad, diced pears

16 Strawberry bagel & cereal

Cheeseburger, WG bun, French fries, green beans, strawberries

17 Whole grain long john & yogurt

Hot dog, WG bun, carrots, sun chips, tropical fruit

20 NO SCHOOL
Write a note to someone you appreciate having in your life!

21 Pancake & sausage stick

Goulash, broccoli with ranch, breadstick, mixed fruit

22 French Toast

BRUNCH: Tri Tater, Egg Omelet, pancake/sausage stick, banana

23 Cereal & fruit muffin

Pig in a blanket, Cheesy hashbrowns, raw carrots, strawberry applesauce

24 Pancakes & Yogurt parfait


Chicken Patty on WG bun, corn, red pepper strips, apple slices,

27 Strawberry Bagel & cereal

Corn Dog, Sun chips, green beans, mandarin oranges

28 French Toast

Tater Tot Casserole, carrots & celery, romaine salad, diced peaches

29
BROWN BAG DAY!!


30 Egg & cheese McMuffin

Turkey Breast, gravy, mashed potatoes, corn, strawberries

31 Biscuits & Gravy

Crispito Lettuce, cheese, Baked beans Melon Mix



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.



Questions? Contact Kay Rose at 712-262-6428. All breakfasts and lunches served with choice of 8 oz. 1% white milk or lowfat chocolate milk. All breakfasts served with 1/2 c. 100% juice and 1/2 c. fruit. Menu subject to change without notice subject to quality and availability.

What am I?

I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal.

Blackberries/raspberries

This institution is an equal opportunity provider.