

Sacred Hearts School Lunch Menu

October 2020

Monday 10-5	Tuesday 10-6	Wednesday 10-7	Thursday 10-8	Friday 10-9
- W.G. mozzarella pizza stick	- Asian chicken tenders	- beef tacos with brown rice	- BBQ chicken sandwich on w.h roll	
- Italian sausage marinara	broccoli & peas	- black bean & corn salad	- smokey baked beans	No School
- crunchy baby carrots	- mixed berry smoothie	- baked apples & caramel	- potato wedges	
- baked pears	- fortune cookie		- fruit cocktail jello	
Monday 10-12	Tuesday 10-13	Wednesday 10-14	Thursday 10-15	Friday 10-16
- Turkey & Cabbage meatballs	- pulled pork BBQ	- mozzarella burger on whole wheat bun	- whole wheat turkey corn dogs	- corned beef hash
- herbed carrots	- homemade coleslaw	- whipped baby reds	- cottage cheese	- green beans
- pumpkin smoothies	- mac'n'cheese	- creamed corn	- tomato soup	- potatoes
- chocolate mousse	- roasted brussel sprouts	- peaches and cream	- tossed salad with Ranch	- blueberry smoothie
- wheat rolls	- applesauce		- apple cake	
Monday 10-19	Tuesday 10-20	Wednesday 10-21	Thursday 10-22	Friday 10-23
- Chicken & Waffles	- Roast turkey & gravy	- Honey baked ham	- Chicken nuggets	- Beef burrito & salsa
- peach cup	- homemade stuffing	- whipped baby reds	- raw veggie cup	- brown rice
- spinach caesar salad	- butternut squash	- whole wheat roll	- cheesy potato wedges	- Mexican street corn
	-roasted carrots	- blueberry smoothie	- peach cup	- corn chips
	- applesauce			
Monday 10-26	Tuesday 10-27	Wednesday 10-28	Thursday	Friday
- Chicken bacon & cheddar sandwich on wh. wheat	- Pizza stick & beef marinara	- grilled chicken	- Fall color sugar cookie	NO SCHOOL
- black beans & rice	- green beans	- wheat roll	- Kielbasa	
- fruit cocktail jello	- pears & apples	- coleslaw & cranberries	- carrots & potatoes	
		- buttered noodles	- pumpkin smoothies	