

LUNCH OCTOBER 2011

Marlo

Sacred Heart School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Country Fried Steak Mashed Potatoes & Gravy Applesauce Wheat Roll	Frito Pie Carrot Sticks Chilled Peaches Bread	Pepperoni Pizza Green Beans Pineapple Cup Peanut Butter Cookie ***1PM DISMISSAL***	Sloppy Joe on Bun Corn Sun Chips Juice Bar	Cold Turkey Sandwich Cheese Stick Pasta Salad Sherbet Cup
Chicken & Noodles Peas Orange Wedges Bread	Taco Lettuce, Cheese, Salsa Corn, Apple Bread	BBQ Rib on Bun Lettuce, Pickles Tator Tots Carrot Sticks Pudding	Spaghetti w/ Meat Sauce Tossed Salad Chilled Peaches Stuffed Bread Stick	Hamburger or Cheeseburger on Bun Lettuce, Pickles Fries Mixed Fruit Cup
Chicken Tenders Mashed Potatoes & Gravy Chilled Pears Bread	<i>fish sticks mac / cheese BBQ Bean Red Jello w/ fruit</i>	Burrito or Corn Dog w/ Cheese Sauce California Mixed Vegetables Orange Wedges Bread	Chicken Patty on Bun Lettuce, Pickles Cheesy Potatoes Apple Crisp	<i>Hot Ham & cheese on Bun Potato chips carrot sticks peaches</i>
Hot Dog on Bun w/ Chili and or Cheese Glazed Carrots Applesauce Pretzels	Soft Chicken Taco Lettuce, Cheese, Salsa Spanish Rice Chilled Pears	<i>meat loaf Gr Bean cheesy potatoe juice bar</i>	Country Fried Steak Mashed Potatoes & Gravy Mixed Fruit Cup Bread	<i>Sub Sandwich Pasta Salad Corn Pineapple</i>
Chicken & Noodles Peas Mandarin Orange Cup Cookie <i>Halloween Cookie</i>	Lunch Prices: K-5 \$2.00 6-12 \$2.25 Adult \$2.50		Milk Served With Each Meal 2% White Fat Free Chocolate Extra Milk .30 Cents Each	
NUTRITION TIP: Health Benefits of Whole Grain Go Beyond Vitamins and Minerals • Whole grain provides nutrients such as carbohydrates, B vitamins, minerals, plant sterols, antioxidants, and phytonutrients. • This is why whole grain may help reduce the risk of many chronic diseases such as heart disease. ^{1,2}			Salad Bar Offered For Grades 6-12 MENU SUBJECT TO CHANGE WITHOUT NOTICE	

