
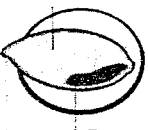


LUNCH SEPTEMBER 2011

Sacred Heart School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 1px solid black; padding: 5px;"> <p>Lunch Prices</p> <p>K-5 \$2.00</p> <p>6-12 \$2.25</p> <p>Adult \$2.50</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p>Milk Served w/ Meal</p> <p>2% White</p> <p>Fat Free Chocolate</p> <p>Extra Milk 30 Cents</p> </div>		
<p>5 No School Labor Day</p>	<p>6 Pepperoni Pizza Green Beans Pineapple Cup Peanut Butter Cookie</p>	<p>7 Sloppy Joe on Bun Corn Potato Chips Juice Bar</p> <p>***1PM DISMISSAL***</p>	<p>8 Turkey Sandwich Cheese Stick Pasta Salad Sherbet Cup</p>	<p>9 Frito Pie Carrots Sticks Chilled Peaches Bread</p> <p>***1PM DISMISSAL***</p>
<p>10 Chicken & Noodles Peas Orange Wedges Bread</p>	<p>11 BBQ Rib on Bun Lettuce, Pickles Tator Tots Carrot Sticks Jello w/Fruit</p>	<p>12 Spaghetti w/ Meat Sauce Tossed Salad Chilled Peaches Bread Stick</p>	<p>13 Soft Chicken Taco Lettuce, Cheese, Salsa Seasoned Corn Chilled Pears</p>	<p>14 Hamburger or Cheeseburger on Bun Lettuce, Pickles Fries Mixed Fruit Cup</p>
<p>15 Chicken Patty on Bun Lettuce, Pickles Carrot Sticks Hash Brown Patty Apple Crisp</p>	<p>16 Pepperoni Pizza Green Beans Chilled Peaches Bread</p>	<p>17 Turkey Fritter on Bun Lettuce, Pickles Cheesy Potatoes Applesauce</p>	<p>18 Chicken Tenders Mashed Potatoes & Gravy Mixed Fruit Cup Bread</p>	<p>19 Sloppy Joe on Bun Corn Potato Chips Juice Bar</p>
<p>20 No School Teacher's Institute</p>	<p>21 Burrito or Corn Dog w/ Cheese Sauce Green Beans Chilled Pears Bread</p>	<p>22 Chili w/ Crackers Carrot Sticks Chilled Peaches No-Bake Cookie</p>	<p>23 Cheese Pizza Glazed Carrots Pineapple Cup Bread</p>	<p>24 Hot Dog on Bun Chili & or Cheese Corn Mandarin Orange Cup Pretzels</p>
<p>NUTRITION TIP: What is whole grain?</p> <p>MyPyramid recommends: "Just because the bread is brown doesn't mean its whole-grain. Search the ingredient list to make sure the first word is "whole."</p>				
<p>Whole grains are seeds that consist of three components:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Fiber-rich bran</p> </div> <div style="text-align: center;"> <p>Nutrient- packed germ</p> </div> <div style="text-align: center;">  <p>Starchy endosperm</p> </div> </div>				
<p>Salad Bar Offered For Grades 6-12 MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>				