



A YUMMY FEBRUARY ORGANIC & NATURAL LUNCH MENU FOR Sacred Heart School



*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit
4 Pasta w/Turkey Bolognese, Steamed Edamame, Fresh Fruit	5 Breakfast for Lunch—Sweet Potato Pancakes, Eggs, Lyonnaise Potatoes, Fresh Fruit	6 Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit	7 BBQ Chicken Sandwich, Roasted Sweet Potato Wedges, Fresh Fruit	8 Turkey & Cheese Wrap, Veggie Chips, Fresh Fruit
11 Baked Chicken Nuggets, Roasted Broccoli, WW Roll, Fresh Fruit	12 Cheese Lasagna, Honey Vanilla Glazed Carrots, Fresh Fruit	13 Arroz con Pollo, Black Beans, Fresh Fruit	14 No School	15 No School
18  18	19 Low Fat Penne Alfredo w/ Chicken, Roasted Zucchini, Fresh Fruit	20 Sweet & Sour Chicken, Fried Rice, Steamed Bok Choy, Fresh Fruit	21 Mac & Cheese, Steamed Edamame, Fresh Fruit	22 Chicken Chop w/Saffron yellow Rice, Black Beans, Fresh Fruit
25 Baked Chicken Nuggets, Sauteed Haricot Vert w/ Shallots, Fresh Fruit	26 Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit	27 “Make Your Own Yummy...” Chicken Fajitas, Sauteed Mushrooms, Peppers, & Onions, Black Beans, Fresh Fruit	28 Baked & Breaded Fish Sticks w/Slaw, WW Roll, Roasted Potato Wedges, Fresh Fruit	



A YUMMY MARCH ORGANIC & NATURAL LUNCH MENU FOR Sacred Heart School

*Daily Beverage Options Are: 1% Milk and Nonfat Chocolate Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef Gyro w/Tzatziki, Sauteed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit
4 Turkey & Swiss Wrap, Veggie Chips, Fresh Fruit	5 Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit	6 Grilled Cheese, Roasted Broccoli w/Shallots, Fresh Fruit	7 Lean Beef Burger, Roasted Corn, Fresh Fruit	8  PIZZA DAY Cheese Pizza (1 slice), Carrots w/Ranch Dressing, Fresh Fruit
11 Pasta w/Turkey Bolognese, Roasted Broccoli & Garlic, Fresh Fruit	12 Breakfast for Lunch—Eggs, Waffles, Lyonnaise Potatoes, Fresh Fruit	13 Arroz con Pollo, Black Beans, Fresh Fruit	14 Massaman Chicken, WG Rice, Roasted Sweet Potatoes & Green Beans, Fresh Fruit	15 Grilled Cheese, Roasted Veggies, Fresh Fruit
18 No School	19 No School	20 No School	21 No School	22 No School
25 Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit	26 Chicken Paella, Baked Plantains, Fresh Fruit	27 Turkey & Provolone Wrap, Veggie Chips, Fresh Fruit	28 Philly Cheesesteak, Glazed Carrots, Fresh Fruit	29  PIZZA DAY Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit