



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


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mac & Cheese, Steamed Edamame, Fresh Fruit	2 No School
5 Baked Chicken Nuggets, WW Roll, Roasted Broccoli w/Shallots, Fresh Fruit	6 Baked Ziti, Glazed Carrots, Fresh Fruit	7 Lean Ground Beef & Cheese Enchiladas, Baked Plantains, Fresh Fruit	8 BBQ Chicken Sandwich, Baked Beans, Fresh Fruit	9 Turkey & Cheese Enchiladas Black Beans, Fresh Fruit
12 Roasted Chicken, Smashed Potatoes, Fresh Fruit	13 Pasta w/Beef Bolognese, Roasted & Browned Butter Butternut Squash, Fresh Fruit	14 Grilled Cheese, Steamed Edamame Fresh Fruit	15 Lean Beef Burgers, Roasted Potato Wedges, Fresh Fruit	16 Baked Chicken Nuggets & Mac and Cheese w/ Caesar salad, Fresh Fruit
19 No School	20 No School	21 No School	22 	23 
26 Baked Chicken Nuggets, WW Roll, Roasted Haricot Vert w/ Shallots, Fresh Fruit	27 Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit	28 "Make Your Own Yummy..." Chicken Fajitas, Black Beans, Sauteed Green Peppers, Onions & Mushrooms, Fresh Fruit	29 Baked & Breaded Fish Sandwich w/Slaw, Roasted Potato Wedges, Fresh Fruit	30 Beef Gyro w/Tzatziki, Sauteed Peppers, Tomatoes & Onions, Veggie Chips, Fresh Fruit



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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit	4 Turkey & Cheese Enchiladas, Black Beans, Fresh Fruit	5 Grilled Cheese, Roasted Broccoli w/Shallots, Fresh Fruit	6 Lean Beef Burger, Roasted Corn, Fresh Fruit	7 Turkey & Swiss Wrap, Veggie Chips, Fresh Fruit
10 Baked Chicken Nuggets, Roasted Sweet Potato Wedges, WW Roll, Fresh Fruit	11 Breakfast for Lunch—Waffles, Eggs, Lyonnaise Potatoes, Fresh Fruit	12 Arroz con Pollo, Black Beans, Fresh Fruit	13 Mac & Cheese, Roasted Haricot Vert w/Shallots, Fresh Fruit	14 Cuban Sandwich, Veggie Chips, Fresh Fruit
17 Low Fat Penne Alfredo w/ Chicken, Roasted Squash & Zucchini, Fresh Fruit	18 Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit	19 Lean Beef Sloppy Joe's, Glazed Carrots, Fresh Fruit	20 Baked & Breaded Fish Sandwich w/Slaw, Roasted Potato Wedges, Fresh Fruit	21 Baked ziti, salad, whole wheat roll, fresh Fruit
24 	25 	26 No School	27 No School	28 No School
31 				



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 No School	3 No School	4 No School
7 Chicken Cacciatore w/Pasta, Roasted Sweet Peas, Fresh Fruit	8 "Make Your Own Yummy..." Lean Beef Tacos, Black Beans, Fresh Fruit	9 Honey Soy Glazed Chicken, Fried Rice, Steamed Bok Choy, Fresh Fruit	10 Mac & Cheese, Roasted Zucchini & Grape Tomatoes, Fresh Fruit	11  PIZZA DAY Cheese Pizza (1 slice), Carrots w/Dip, Fresh Fruit
14 Baked Chicken Nuggets, Roasted Brownd Butternut Squash, WW Roll, Fresh Fruit	15 Lean Beef & Cheese Burrito, Black Beans, Fresh Fruit	16 Chicken Piccata w/Pasta, Roasted Haricot Vert w/ Shallots, Fresh Fruit	17 Baked & Breaded Fish Sticks w/Slaw, WW Roll, Roasted Potato Wedges, Fresh Fruit	18  PIZZA DAY Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit
21 	22 Chicken Alfredo w/Penne, Roasted Sweet Peas, Fresh Fruit	23 Ropa Vieja, Brown Rice, Roasted Broccoli, Fresh Fruit	24 Maple Mustard Glazed Turkey Po' Boy, Cauliflower Crunch, Fresh Fruit	25  PIZZA DAY Cheese Pizza (1 slice), Carrots w/Dip, Fresh Fruit
28 Baked Chicken Nuggets, WW Roll, Steamed Edamame, Fresh Fruit	29 Pasta w/Lean Beef Meatballs, Glazed Carrots, Fresh Fruit	30 Grilled Cheese, Roasted Potato Wedges, Fresh Fruit	31 Mojito Grilled Chicken w/Baja Black Bean, Brown Rice, Roasted Broccoli w/Shallots, Fresh Fruit	



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  PIZZA DAY Cheese Pizza (1 slice), Cauliflower w/Dip Fresh Fruit
4	5	6	7	8
Pasta w/Turkey Bolognese, Steamed Edamame, Fresh Fruit	Breakfast for Lunch—Sweet Potato Pancakes, Eggs, Lyonnaise Potatoes, Fresh Fruit	Turkey & Cheese Enchiladas, Mexican Style Zucchini, Fresh Fruit	BBQ Chicken Sandwich, Roasted Sweet Potato Wedges, Fresh Fruit	8  PIZZA DAY Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit
11	12	13	14	15
Baked Chicken Nuggets, Roasted Broccoli, WW Roll, Fresh Fruit	Cheese Lasagna, Honey Vanilla Glazed Carrots, Fresh Fruit	Arroz con Pollo, Black Beans, Fresh Fruit	Lean Beef Burgers, Roasted Potato Wedges, Fresh Fruit	No School
18	19	20	21	22
Happy PRESIDENTS Day! 	Low Fat Penne Alfredo w/ Chicken, Roasted Zucchini, Fresh Fruit	Sweet & Sour Chicken, Fried Rice, Steamed Bok Choy, Fresh Fruit	Mac & Cheese, Steamed Edamame, Fresh Fruit	22  PIZZA DAY Cheese Pizza, Carrots w/Dip, Fresh Fruit
25	26	27	28	
Baked Chicken Nuggets, Sauteed Haricot Vert w/ Shallots, Fresh Fruit	Turkey Po' Boy Sandwich, Roasted Sweet Potato Wedges, Fresh Fruit	“Make Your Own Yummy...” Chicken Fajitas, Sauteed Mushrooms, Peppers, & Onions, Black Beans, Fresh Fruit	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  PIZZA DAY Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit
4	5	6	7	8
Pasta Genovese w/Chicken, Roasted Cauliflower Crunch, Fresh Fruit	Turkey & Cheese Enchiladas, Black Beans, Fresh Fruit	Grilled Cheese, Roasted Broccoli w/Shallots, Fresh Fruit	Lean Beef Burger, Roasted Corn, Fresh Fruit	 PIZZA DAY Cheese Pizza (1 slice), Carrots w/Ranch Dressing, Fresh Fruit
11	12	13	14	15
Pasta w/Turkey Bolognese, Roasted Broccoli & Garlic, Fresh Fruit	Breakfast for Lunch—Eggs, Waffles, Lyonnaise Potatoes, Fresh Fruit	Arroz con Pollo, Black Beans, Fresh Fruit	Massaman Chicken, WG Rice, Roasted Sweet Potatoes & Green Beans, Fresh Fruit	 PIZZA DAY Cheese Pizza (1 slice), Cucumbers w/Dip, Fresh Fruit
18	19	20	21	22
No School	No School	No School	No School	No School
25	26	27	28	29
Pasta w/Lean Beef & Eggplant Bolognese, Steamed Edamame, Fresh Fruit	Chicken Paella, Baked Plantains, Fresh Fruit	Maple Glazed Turkey Po' Boy Sandwich, Roasted Cauliflower Crunch, Fresh Fruit	Philly Cheesesteak, Glazed Carrots, Fresh Fruit	 PIZZA DAY Cheese Pizza (1 slice), Caesar Salad, Fresh Fruit