

# OCTOBER | 2024

## SACRED HEART SCHOOL BREAKFAST MENU K-8

This institution is an equal opportunity provider

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	WG English Muffins w/ PBJ & Jelly 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Cherry Fudgel String Cheese 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk
7	8	9	10	11
WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Breakfast Pizza 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Mini French Toast Syrup 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk
14	15	16	17	18
WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Banana Bread String Cheese 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Chocolate Muffin Gogurt 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk
21	22	23	24	25
WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Mini Waffles Syrup 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk	NO SCHOOL	NO SCHOOL
28	29	30	31	
WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Donuts String Cheese 100% Fruit Juice Fresh Fruit Milk	WG Cereal 100% Fruit Juice Fresh Fruit Milk	WG Cinnamon Cream Cheese Bagel 100% Fruit Juice Fresh Fruit Milk	

Meals subject to change as items are sometimes not available at time of ordering.

### News

**Breakfast is Free for all**

### Students

**Students must take 3 items for a healthy breakfast!**

**Tuesday's & Thursday's students can get a warm breakfast**

WG=Whole Grain  
RS=Reduced Sugar

**Other Breakfast Items include: A variety of Whole Grain Cereal, WG muffins, WG Snacks: Tiger Grahams, Goldfish Crackers, Cheez-Its, WG Pop Tarts, Granola Bars, Craisins, Yogurt**

Breakfast is served with student's choice of 1% White or Choc. Milk or NON Fat Strawberry Flavored

### Questions?

Contact Joanne Barndollar, FSD  
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