

NOVEMBER | 2025



Sacred Heart Breakfast Menu K-8

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Strawberry Frudel String Cheese 100% Fruit Juice Fresh Fruit Milk	4 WG Mini Pancakes Syrup 100% Fruit Juice Fresh Fruit Milk	5 WG Apple Frudel Yogurt Cup 100% Fruit Juice Fresh Fruit Milk	6 WG Mini Waffles Syrup 100% Fruit Juice Fresh Fruit Milk	7 WG Oatmeal Yogurt Cup 100% Fruit Juice Fresh Fruit Milk
10 WG Banana Muffin Cheese Stick 100% Fruit Juice Fresh Fruit Milk	11 Scrambled Eggs Salsa Cup 100% Fruit Juice Fresh Fruit Milk	12 WG Cereal Bar Gogurt Pouch 100% Fruit Juice Fresh Fruit Milk	13 WG Bagel 100% Fruit Juice Fresh Fruit Milk	14 Sausage Cheese Gravy Bites 100% Fruit Juice Fresh Fruit Milk
17 WG Fruit Loop Waffles Gogurt Pouch 100% Fruit Juice Fresh Fruit Milk	18 WG Pancakes 100% Fruit Juice Fresh Fruit Milk	19 WG Donuts in a Cup 100% Fruit Juice Fresh Fruit Milk	20 WG Breakfast Wrap Salsa Cup 100% Fruit Juice Fresh Fruit Milk	21 WG Mini Waffles 100% Fruit Juice Fresh Fruit Milk
24 Cheese Omelet 100% Fruit Juice Fresh Fruit Milk	25 WG Pull-a-Part Donut 100% Fruit Juice Fresh Fruit Milk	26 Sausage Gravy WG Biscuits 100% Fruit Juice Fresh Fruit Milk Half Day of School	27 Happy Thanksgiving NO SCHOOL	28 Thanksgiving Break NO SCHOOL

News **Breakfast is Free for all Students**

**Students must take
3 items for a healthy
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-It's,
Granola Bars, Craisins,
Yogurt**

Breakfast is served with
student's choice of
1% White or
Fat Free White Milk

Questions?

Contact JoAnne Barnollar, FSD
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(517) 448-8912 x238/239

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