

SEPTEMBER | 2025

Sacred Heart School Breakfast Menu K-8

This institution is an equal opportunity provider



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Labor Day NO SCHOOL	2 WG Breakfast Pizza 100% Fruit Juice Fresh Fruit Milk	3 WG Banana Bread Cheese Stick 100% Fruit Juice Fresh Fruit Milk	4 WG Breakfast Burrito's 100% Fruit Juice Fresh Fruit Milk	5 WG English Muffin w/PBJ 100% Fruit Juice Fresh Fruit Milk
8 WG Apple Frudel Yogurt Cup 100% Fruit Juice Fresh Fruit Milk	9 WG SUPER Donut 100% Fruit Juice Fresh Fruit Milk	10 WG Mini Waffles Syrup 100% Fruit Juice Fresh Fruit Milk	11 WG Mini Cinni's Cheese Stick 100% Fruit Juice Fresh Fruit Milk	12 WG Pancakes 100% Fruit Juice Fresh Fruit Milk
15 Cheese Omelette 100% Fruit Juice Fresh Fruit Milk	16 WG Chocolate Bread Yogurt Cup 100% Fruit Juice Fresh Fruit Milk	17 WG Breakfast Taco 100% Fruit Juice Fresh Fruit Milk	18 WG Bagel Gogurt 100% Fruit Juice Fresh Fruit Milk	19 WG Cinnamon Roll Cheese Stick 100% Fruit Juice Fresh Fruit Milk
22 WG Waffles Syrup 100% Fruit Juice Fresh Fruit Milk	23 WG Mini Pancakes Syrup 100% Fruit Juice Fresh Fruit Milk	24 Sausage Gravy WG Biscuits 100% Fruit Juice Fresh Fruit Milk	25 WG Pillsbury Filled Bagel String Cheese 100% Fruit Juice Fresh Fruit Milk	26 WG Apple Frudel Cheese Stick 100% Fruit Juice Fresh Fruit Milk Half Day of School
29 Early Riser WG Muffin 100% Fruit Juice Fresh Fruit Milk	30 Oatmeal w/Raisins 100% Fruit Juice Fresh Fruit Milk	1	2	3

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-It's,
Granola Bars, Craisins,
Yogurt**

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

Questions?

Contact JoAnne Barndollar, FSD
jbarndollar@hudson.k12.mi.us
(517) 448-8912 x238/239

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