

# SEPTEMBER | 2024

## Sacred Heart School Breakfast Menu K-8

*This institution is an equal opportunity provider*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 <b>LABOR DAY NO SCHOOL</b>	3 WG Mini Pancakes Syrup 100% Fruit Juice Fresh Fruit Milk	4 Scrambled Eggs WG Muffin 100% Fruit Juice Fresh Fruit Milk	5 WG Cherry Frudel String Cheese 100% Fruit Juice Fresh Fruit Milk	6 WG Breakfast Pizza 100% Fruit Juice Fresh Fruit Milk
9 WG Apple Frudel Yogurt Cup 100% Fruit Juice Fresh Fruit Milk	10 WG Pillsbury Filled Bagel String Cheese 100% Fruit Juice Fresh Fruit Milk	11 WG Mini Waffles Syrup 100% Fruit Juice Fresh Fruit Milk	12 WG Mini Cinni's 100% Fruit Juice Fresh Fruit Milk	13 WG Donuts 100% Fruit Juice Fresh Fruit Milk
16 Cheese Omelette 100% Fruit Juice Fresh Fruit Milk	17 WG Banana Bread Cheese Stick 100% Fruit Juice Fresh Fruit Milk	18 Scrambled Eggs WG Muffin 100% Fruit Juice Fresh Fruit Milk	19 WG Bagel Yogurt Cup 100% Fruit Juice Fresh Fruit Milk	20 WG Apple Frudel String Cheese 100% Fruit Juice Fresh Fruit Milk
23 WG Mini Waffles Syrup 100% Fruit Juice Fresh Fruit Milk	24 WG Mini Pancakes Syrup 100% Fruit Juice Fresh Fruit Milk	25 Sausage Gravy WG Biscuits 100% Fruit Juice Fresh Fruit Milk	26 WG Pillsbury Filled Bagel String Cheese 100% Fruit Juice Fresh Fruit Milk	27 WG Cinnamon Roll Fresh Fruit 100% Fruit Juice Milk
30 WG Donut Holes Gogurt 100% Fruit Juice Fresh Fruit Milk	1	2	3	4

### 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,  
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  
jbarndollar@hudson.k12.mi.us  
(517) 448-8912 x238/239

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