

# OCTOBER 2024

## Spencer Sacred Heart & IGLLS

Feel Egg-straordinary  
by eating breakfast!

Monday

Tuesday

Wednesday

Thursday

Friday



Cereal and Toast

Crispito, Cheese Sauce,  
Lettuce, Carrot Sticks  
Applesauce

Breakfast Pizza

Sloppy Joe/WG Bun  
Celery sticks, Sun Chips  
Diced Pears

Egg Omelet & Sausage

Chicken Patty/WG Bun  
French Fries & Ketchup  
Baked Beans, Oranges

French Toast Sticks

Pepperoni Pizza  
Romaine Salad, Diced  
Peaches, Cookie

Blueberry Muffin & Yogurt

Corn Dog  
Sweet Potato Fries  
Fresh Broccoli & Fruit Cup

Strawberry Bagel

Pork Tenderloin/WG Bun  
Green Beans  
Apple Slices

Egg & Cheese McMuffin

Tater Tot Casserole  
Garlic Breadstick, Carrot  
Sticks & Pears

Cereal and Toast

Country Beef Patty  
Mashed potatoes & gravy  
Peas, Diced Pineapple

Apple Frudel

Mr. Rib/WG Bun  
Baked Beans, Dill  
Pickle Spear, Watermelon

Egg Omelet

Cheeseburger/WG Bun  
Sun Chips, Fresh Broccoli,  
Applesauce

Pancake & sausage Stick

Chicken Nuggets  
Sweet Potato tots  
Red Peppers & Ranch  
Diced Peaches

Mini Cinni Waffles

Chicken Fajita/WG Tortilla  
Cheese, lettuce, Tomatoes  
Green Beans  
Mandarin Oranges

Biscuits and Gravy

Scalloped Potatoes & Ham  
Romaine salad, grape tomatoes  
Mixed Berry Cup

Breakfast Pizza

Chili  
Cheese Breadstick  
Apple Slices

NO SCHOOL  
TEACHER INSERVICE

Egg Omelet

Turkey & Cheese Club  
California Blend Veggies  
Diced Pineapple

French Toast Sticks

Softshell Taco/WG Tortilla  
Fresh broccoli & Taco Hummus  
Lettuce, cheese, Banana

Blueberry or Banana  
Muffin & Yogurt

Pulled Pork/WG Bun  
Potato Wedges, Baked Beans,  
Clementines

Strawberry Bagel

Spaghetti with  
Garlic Toast  
Romaine Salad, Grapes

Egg & Cheese Biscuit

Three Cheese Calzone  
Black Bean Brownie  
Cinnamon Apples

Cereal & Toast

Hamburger/WG Bun  
Corn, Carrot and  
Celery Sticks, Strawberries

Apple Frudel

Mac & Cheese  
Meat Dippers, Green Peas,  
Diced Pears

Pancake & Sausage Stick

Cheese Pizza, Romaine Salad,  
Diced Peaches, Rice Krispy Bar



Questions? Contact Kay Rose at 712-262-6428. Menu subject to change without notice depending on availability and quality of product. All breakfasts served with choice of 8 oz. 1% white milk or low-fat chocolate milk. All breakfasts served with ½ c. 100% juice and ½ c. fruit. THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.