

Sacred Heart & IGLLS

November 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

Blank menu box for Thursday.

1
Mini cinni waffle

Corn Dog
Sun Chips
Green beans
Orange Smiles

4
Biscuits & Gravy

Brunch: French Toast, Tri Tater, Egg Omelet, Applesauce

5
Pancake & Sausage Stick

Chicken Strips
Corn, French fries, Melon Mix

6
Breakfast Pizza

Meat Dippers
Mashed Potatoes
Glazed Carrots
Diced Peaches

7
Cereal & Toast

Spaghetti
Romaine Salad
Green Peppers
Garlic Toast
Banana

8
Egg Omelet

All Beef Hot Dog
WG Bun
Baked Beans
Tropical Fruit

11
Strawberry Bagel

Chicken Patty on Whole grain bun
Cooked broccoli
Carrot Sticks
Pineapple

12
French Toast Stix

Tomato Soup
Cheese Melt Bun
Sun Chips
Strawberries

13
Egg/Cheese biscuit

Tuna Noodle Cass.
Baked Beans
Romaine Salad
Mandarin Oranges

14
Frosted long john

Turkey & gravy
Stuffing
Green Beans
Pumpkin Bar
Tea Roll

15
Mini cinni waffle

Crispito
Lettuce, cheese
Carrot Sticks
Peach Slushy

18
No School Teacher Inservice

19
Blueberry Donut

Pork Tenderloin
Tater Wedge
Peas and Carrots
Kiwi/Strawberry Sidekick

20
Poptarts & Gogurt

Pig in a blanket
Cheesy Potatoes
Raw Carrots
Apple Slices

21
Blueberry Muffin

Nachos w/taco meat & cheese
Shred lettuce & spinach, Grapes

22
Pancake/sausage stick

Tater Tot Cass.
Cheese breadstick
Broccoli w/ranch
Mandarin Oranges

25
Breakfast Pizza

Hamburger on Whole Grain Bun
Sun chips, cooked Carrots, pineapple

26
Cereal & Toast

Turkey & cheese sub
Peas
Shrek Brownie

27
No School Teacher Comp Day

28
Happy Thanksgiving

Thank those Who have been helpful to you!

Why aren't bananas ever lonely?

Because they come in bunches!

Questions? Contact Kay Rose at 712-262-6428. Menu subject to change without notice due to product quality or availability. All breakfasts and lunches 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.

What am I?

I'm a leafy dark-green vegetable that likes cool weather. I can be eaten raw or cooked.

Spinach

This institution is an equal opportunity provider.



The MyPlate icon reminds us that we need to eat and drink foods from the five food groups. Fruits, Vegetables, Dairy, Grains, and Protein Foods are important for good health.

