Don't forget to eat your vegetables.

Sacred Heart Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ChooseMyPlate.gov		31	1 Chicken Enchilada Bake Hummus & Vegetable Bowl Spiced Pinto Beans	2 Cheese Pizza Pepperoni Pizza
5 ***HOM Sweet Potato*** Sloppy Joes WG Chips, Salsa, Cheese Cubes Sweet Potato Waffle Fry	6	7 Crispy Chicken Tender Basket Deli Sandwich French Bread Slice Dill Potato Wedge	8 Walking Taco with Lettuce/Tomato Taco Salad Corn	9 Cheese Pizza Pepperoni Pizza
12 Golden Corn Dog Buffalo Chicken Salad	13 Parmesan Chicken Bites with Buttered Noodles Soft Pan Roll Harvest Chicken Salad California Blend Vegetable ***Birthday Cake***	14 ***National Pickle Day*** Pulled Pork Sandwich Pretzel Bites w/Cheese Cubes Potato Salad Pickle Spear	15 Homemade Salisbury Steak and a French Bread Slice Yogurt Pack Mashed Potatoes & Gravy	16 Cheese Pizza Pepperoni Pizza
19 Classic Cheeseburger Munchable Garden Green Beans	20 ***HOM Apple*** Chicken Nuggets 7 Layer Salad Maple Roasted Apples and Carrots, Mashed Potatoes and Corn Bread	21	22	23
26 Roasted Hot Dog WG Chips, Salsa, Cheese Cubes Ranch Potato Wedges	27 Chicken Tenders Soft Pan Roll Deli Sub Mashed Potatoes w/Gravy	28 Homemade Chili with Corn Bread Turkey BLT Salad ***Cookie***	29 Beefy Nachos with Homemade Cheese Sauce Taco Salad Refried Beans	30 Cheese Pizza Pepperoni Pizza

PRICES

Regular	$0.00
Reduced	$0.00
Adult	$0.00
Adult	$0.00
Extra Entrée	$0.00

HARVEST OF THE MONTH

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact xxxxxx xxxxxxxxxxx at 555-555-5555 x1210 or email xxxxxxxxx@xxxxxxx.com

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Menus are subject to change without notice. This institution is an equal opportunity provider.

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