

JANUARY 2023

Breakfast & Lunch Menu

Any questions or concerns about the menu please contact Christy Johnson at cjohnson@spencersacredheart.com or at 712-262-6428

This Menu is subject to change without notice depending on availability or quality of product

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Breakfast: Cereal</p> <p>Lunch: Orange Chicken, Stir Fry Veggies, Rice, Red Pepper Slices, Mixed Fruit</p>	<p>4</p> <p>Breakfast: Poptart</p> <p>Lunch: Meat Sandwich, Broccoli, Lettuce, WG Chips, Applesauce</p>	<p>5</p> <p>Breakfast: Bagel Bites</p> <p>Lunch: Pizza, Corn, WG Breadstick Pineapple</p>	<p>6</p> <p>Breakfast: WG Waffles</p> <p>Lunch: Hot Dogs W/Bun, Baked Beans, Carrots, Mandarin Oranges</p>
<p>Breakfast: Yogurt, Muffin Top</p> <p>Lunch: Scrambled Egg & Ham, WG Muffin, Tater Tots, Green Beans, Applesauce</p>	<p>10</p> <p>Breakfast: WG Pancakes</p> <p>Lunch: Beef Nachos, Mixed Veggies, Grapes. (Shredded Cheese, lettuce)</p>	<p>11</p> <p>Breakfast: Granola Bar, Cheese Sticks</p> <p>Lunch: Pork Patty W/Bun, Tomato Slices, Baked Beans, Peaches</p>	<p>12</p> <p>Breakfast: Cereal</p> <p>Lunch: Mac & Cheese, Lettuce Salad, Butter Bread, Pineapple & Blueberries</p>	<p>13</p> <p>Breakfast: Toast, Sausage Patty</p> <p>Lunch: Chicken Nuggets, Tater Tots, Corn, Mixed Fruit</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>Breakfast: Yogurt, Muffin Tops</p> <p>Lunch: Beef Dippers, Potato Wedges, Carrots, WG Roll, Whole Fruit Cup</p>	<p>18</p> <p>Breakfast: Toast, Egg Patty</p> <p>Lunch: Sloppy Joes W/Bun Baked Beans, Lettuce, Strawberries & Peaches</p>	<p>19</p> <p>Breakfast: Cereal</p> <p>Lunch: Beef Chili, Green Beans, WG Cinnamon Roll, Kiwi</p>	<p>20</p> <p>Breakfast: Poptart</p> <p>Lunch: Corn Dogs, Baked Beans, Celery, Oranges</p>
<p>23</p> <p>Breakfast: Granola Bar, Cheese Stick</p> <p>Lunch: Egg, Hash Brown, WG Muffin, Green Beans, Pineapple</p>	<p>24</p> <p>Breakfast: Cereal</p> <p>Lunch: Walking Taco, Carrots, Tropical Fruit. (Shredded Lettuce, Cheese)</p>	<p>25</p> <p>Breakfast: WG Pancakes</p> <p>Lunch: Cheese Burger W/Bun, French Fries, Baked Beans, Grapes</p>	<p>26</p> <p>Breakfast: Toast, Sausage Patty</p> <p>Lunch: Ham Slice, Mashed Potatoes, WG Biscuit, Corn, Peaches</p>	<p>27</p> <p>Breakfast: Yogurt, WG Muffin</p> <p>Lunch: Crispito, Corn, Churro, Tropical Fruit</p>
<p>30</p> <p>Breakfast: Poptart</p> <p>Lunch: Scalloped Potatoes, California Blend Veggies, WG Roll, Peaches</p>	<p>31</p> <p>Breakfast: WG Waffles</p> <p>Lunch: Burrito, Salsa Cup, Red Pepper Slices, WG Chips, Oranges</p>			

**** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER****

All breakfasts are served with a choice of 1% white or low fat chocolate milk, juice and fruit

All lunches are served with a choice of 1% white milk or low fat chocolate milk