

NOVEMBER 2022

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
	Breakfast: Cereal 1 Lunch: Meat Loaf, Mashed Potatoes, Corn, WG Roll, Pears	Breakfast: Granola Bar, Yogurt 2 Lunch: Egg, Waffles, Carrots, Peaches	Breakfast: Toast, Yogurt 3 Lunch: Hot Dog W/Bun, Baked Beans, Romaine Lettuce, Mandarin Oranges	Breakfast: WG Pancakes 4 Lunch: Pizza, Mixed Veggies, Pineapple
Breakfast: WG Snack Bread, Cheese Stick 7 Lunch: Biscuits & Gravy, Carrots, Applesauce	Breakfast: Poptart 8 Lunch: Orange Chicken, Red & Green Pepper Slices, Rice, Banana	Breakfast: WG Waffles 9 Lunch: Sloppy Joes W/Bun, Calico Beans, Romaine Lettuce, Strawberries & Peaches	Breakfast: Cereal 10 Lunch: Chicken Patty W/Bun, Green Beans, Mango	Breakfast: Mini-Bagel 11 Lunch: Crispito, Corn, Churro, Tropical Fruit
14 NO SCHOOL	Breakfast: Nutri-Grain Bar 15 Lunch: Walking Taco, Mixed Veggies, Grapes, (shredded Lettuce & Cheese)	Breakfast: Egg, Toast 16 Lunch: Pork Patty W/Bun, Tomato Slice, Baked Beans, Peaches	Breakfast: Poptart 17 Lunch: Mac & Cheese, Little Smokies, Romaine lettuce salad, Butter bread, Pineapple	Breakfast: Cereal 18 Lunch: Chicken Nuggets, Tater Tots, Corn, Mixed Fruit
Breakfast: Mini-Bagel 21 Lunch: Swedish Meatballs W/noodles, Green Beans, Mandarin Oranges	Breakfast: WG Pancakes 22 Lunch: Corn Dogs, Potato Wedges, Carrots, Side Kick	23 NO SCHOOL	24 THANKSGIVING NO SCHOOL	25 NO SCHOOL
Breakfast: Sausage Patty, WG Biscuit 28 Lunch: Quesadilla Pizza, WG Chips W/salsa, Corn, Raisins	Breakfast: Cereal 29 Lunch: Tomato Soup, Cheese Sandwich Green Beans, Celery, Grapes	Breakfast: Granola Bar, Yogurt 30 Lunch: BBQ Pork W/Bun, Cauliflower, Applesauce		



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

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

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