

SEPTEMBER 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



5
**Labor Day
NO SCHOOL**

6
Breakfast: Poptart, Yogurt
Lunch: Quesadilla Pizza, WG Tortilla Chips, Corn, RF Beans, Salsa Cup, Mandarin Oranges

7
Breakfast: WG Donuts
Lunch: Meat Sandwich W/Cheese, Cherry Tomatoes, Romaine Lettuce Salad, WG Chips, Applesauce

8
Breakfast: Mini Bagel
Lunch: Chicken Ranch Wrap, Green Beans, Kiwi

9
Breakfast: Cereal
Lunch: Corn Dogs, Potato Wedges, Cauliflower, Raisins

12
Breakfast: Granola Bar & Yogurt
Lunch: Egg Omelet, WG Waffles, Green Beans, Pineapple

13
Breakfast: WG Muffin Top
Lunch: Hot Ham & Cheese, WG Chips, Carrots, Tropical Fruit

14
Breakfast: Cereal
Lunch: Cheese Burger, French Fries, Baked Beans, Grapes

15
Breakfast: Oatmeal
Lunch: BBQ Chicken Breast, Mashed Potatoes, Romaine Lettuce Salad, Peaches

16
**Fair Day
NO SCHOOL**

19
NO SCHOOL

20
Breakfast: Sausage Pancake
Lunch: Burrito, Salsa Cup, Red Pepper Slices, WG Chips, Banana

21
Breakfast: French toast Sticks
Lunch: Chicken Patty W/Bun, Baked Beans, Romaine lettuce salad, Mandarin Oranges

22
Breakfast: Cereal
Lunch: Swedish Meatballs, Noodles, Broccoli, WG Bread Stick, Mixed Fruit

23
Breakfast: Poptart
Lunch: Cheese Bread, Marinara Cup, Corn, Mango Pineapple Smoothie

26
Breakfast: WG Pancakes
Lunch: Meatloaf, Mashed Potatoes, Corn, Pears

27
Breakfast: Smoothie
Lunch: Egg Patty, WG Muffin Top, Tri-Tater, Carrots, Peaches

28
Breakfast: Cereal
Lunch: Hot Dog W/Bun, Baked Beans, Spinach Salad, Mandarin Oranges

29
Breakfast: Mini Bagel
Lunch: Cavatini, WG Roll, Green Beans, Mixed Fruit

30
Breakfast: Granola Bar & Yogurt
Lunch: Pizza, Pineapple, Mixed Veggies

**** 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