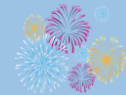





January 2019 Elementary Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p>  <p><i>Solemnity of Mary, Mother of God</i></p> <p>New Year's Day <i>School Closed</i></p>	<p>2</p> <p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>3</p> <p>Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>4</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>7</p> <p>Chicken Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>8</p> <p>Pancakes w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>9</p> <p>Scrambled Eggs with Sausage Patty & Toast AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>10</p> <p>French Toast w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>11</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>14</p> <p>Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>15</p> <p>Waffle w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>16</p> <p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>17</p> <p>Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>18</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>21</p> 	<p>22</p> <p>Pancakes w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>23</p> <p>Scrambled Eggs with Sausage Patty & Toast AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>24</p> <p>French Toast w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>25</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>28</p> <p>Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>29</p> <p>Waffle w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>30</p> <p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>31</p> <p>Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>



January 2019 Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p>  <p><i>Solemnity of Mary, Mother of God</i></p> <p>New Year's Day <i>School Closed</i></p>	<p>2</p>	<p>3</p>	<p>4</p> <p>Milk</p>
<p>7</p> <p>Beef Stew Rice Carrot Soufflé Black Eye Peas Assorted Fruit Fresh Fruit Chilled Pears (Pre-K & Sat) King Cake Milk</p>	<p>8</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Sat & Pre-K) Cinnamon Roll Milk</p>	<p>9</p> <p>Salisbury Steak Mashed Potatoes Brussel Sprouts Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K & Sat) Cornbread Milk</p>	<p>10</p> <p>Meatsauce Spaghetti Roasted Broccoli Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K & Sat) Garlic Rolls Milk</p>	<p>11</p> <p>Chicken and Sausage Gumbo Rice Potato Salad Seasoned Green Peas Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Southern Butter Roll Brownies Milk</p>
<p>14</p> <p>Red Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links California Blend Assorted Fruit Fresh Fruit Mandarin Oranges (Pre-K & Sat) Southern Butter Roll Milk</p> <p>SAUSAGE LINKS FOR SACRED HEART SCHOOL</p>	<p>15</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Assorted Fruit Fresh Fruit Chilled Peaches (Sat & Pre-K) King Cake Milk</p>	<p>16</p> <p>Meatballs and Red Gravy Spaghetti Broccoli w/Cheese Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Garlic Roll Milk</p>  <p>Nutrition Day BRUSSEL SPROUTS</p>	<p>17</p> <p>BBO Chicken Mac and Cheese Glazed Carrots Seasoned Green Peas Assorted Fruit Fresh Fruit Mandarin Oranges (Pre-K) Southern Butter Roll Milk</p>	<p>18</p> <p>Shrimp and Pasta Italian Salad Seasoned Green Beans Assorted Fruit Fresh Fruit Chilled Pineapple (Pre-K & Sat) Southern Butter Roll Cake Milk</p>
<p>21</p> 	<p>22</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K & Sat) King Cake Milk</p>	<p>23</p> <p>Chicken Stew Rice Black Eye Peas Spinach Salad Assorted Fruit Fresh Fruit Chilled Tropical Fruit (Pre-K & Sat) Cornbread Milk</p>	<p>24</p> <p>Salisbury Steak Mashed Potatoes w/Gravy Carrot Soufflé Assorted Fruit Fresh Fruit Chilled Pineapple (Pre-K & Sat) Biscuit Milk</p>	<p>25</p> <p>Lasagna Roasted Broccoli Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K & Sat) Garlic Roll Cookie Milk</p>
<p>28</p> <p>Chicken Parmesan Spaghetti Seasoned Green Peas Assorted Fruit Fresh Fruit Chilled Pineapple (Pre-K & Sat) Garlic Rolls Milk</p>	<p>29</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) King Cake Milk</p>	<p>30</p> <p>Red Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links California Blend Assorted Fruit Fresh Fruit Chilled Pears (Pre-K & Sat) Cornbread Milk</p> <p>CHICKEN SMACKERS FOR SACRED HEART SCHOOL</p>	<p>31</p> <p>Turkey Stew Rice Creamed Spinach Caesar Salad Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K & Sat) Southern Butter Roll Milk</p>	



January 2019 Elementary Sandwich Menu





Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p>  <p><i>Solemnity of Mary, Mother of God</i></p> <p>New Year's Day <i>School Closed</i></p>			
<p>7</p> <p>Boneless Wing Carrot Souffle Baked Beans Assorted Fruit Fresh Fruit Chilled Pears (Pre-K & Sat) King Cake Milk</p> <p>ONE LINE !!!!!</p>	<p>8</p> <p>Opt 1. Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Golden Corn Crinkle Cut Fries Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K & Sat) Cinnamon Roll Milk</p> <p>Opt2. Grilled Chicken Filet on Bun</p>	<p>9</p> <p>Opt 1. Pepperoni Pizza Brussel Sprouts Italian Salad Crinkle Cut Fries Assorted Fruit and Fresh Fruit Chilled Applesauce (Pre-K & Sat) Milk</p> <p>Opt 2. Pepperoni Calzones</p>	<p>10</p> <p>Opt 1. Grilled Cheese Sandwich Roasted Broccoli Caesar Salad Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K & Sat) Milk</p> <p>Opt 2. Hot Dog W/Wo Chili</p>	<p>11</p> <p>Opt 1. Breaded Chicken Filet on Bun Green Peas Lettuce/Tomato/Pickle Crinkle Cut Fries Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Brownie Milk</p> <p>Opt 2. Hamburger on Bun</p>
<p>14</p> <p>Chicken Nuggets California Blend Baked Beans Assorted Fruit Fresh Fruit Mandarin Oranges (Pre-K & Sat) Southern Butter Roll Milk</p> <p>ONE LINE !!!!!</p>	<p>15</p> <p>Opt 1. Pepperoni Calzones Spinach Salad Golden Corn Fresh Fruit Assorted Fruit Fresh Fruit Chilled Pears (Pre-K & Sat) King Cake Milk</p> <p>Opt 2. Grilled Cheese Sandwich</p>	<p>16</p> <p>Opt 1. Breaded Chicken Filet on Bun Lettuce/Tomato/Pickle Crinkle Cut Fries Broccoli w/Cheese Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K & Sat) Milk</p>  <p>Nutrition Day BRUSSEL SPROUTS</p> <p>Opt 2. Hamburger on Bun</p>	<p>17</p> <p>Opt 1. Pepperoni Pizza Glazed Carrots Seasoned Green Peas Assorted Fruit Fresh Fruit Mandarin Oranges (Pre-K & Sat) Milk</p> <p>Opt2. Grilled Chicken Filet on Bun</p>	<p>18</p> <p>Opt 1. Hamburger on Bun Lettuce/Tomato/Pickle Crinkle Cut Fries Seasoned Green Beans Assorted Fruit Fresh Fruit Chilled Pineapple (Pre-K & Sat) Cake Milk</p> <p>Opt 2. Grilled Chicken Filet on Bun</p>
<p>21</p>  <p>Martin Luther King Day</p>	<p>22</p> <p>Opt 1. Grilled Cheese Sandwich Golden Corn Spinach Salad Assorted Fruit Fresh Fruit Applesauce(Pre-K & Sat) King Cake Milk</p> <p>Opt 2. Chicken Nuggets</p>	<p>23</p> <p>Opt 1. Grilled Chicken Filet on Bun Lettuce/Tomato/Pickle Baked Beans Crinkle Cut Fries Assorted Fruit Fresh Fruit Chilled Tropical Fruit (Pre-K & Sat) Milk</p> <p>Opt 2. Chicken Nuggets</p>	<p>24</p> <p>Boneless Chicken Wings Mashed Potatoes Carrot Soufflé Assorted Fruit Fresh Fruit Pineapple (Pre-K & Sat) Biscuit Milk</p> <p>ONE LINE !!!!!</p>	<p>25</p> <p>Opt 1. Hamburger on Bun Lettuce/Tomatoes/Pickles Roasted Broccoli Crinkle Cut Fries Assorted Fruit Fresh Fruit Chilled Mandarin Oranges(Pre-K & Sat) Cookie Milk</p> <p>Opt 2. Pepperoni Pizza</p>
<p>28</p> <p>Chicken Nuggets Seasoned Green Peas Baked Beans Assorted Fruit Fresh Fruit Chilled Pineapple (Pre-K & Sat) Milk</p> <p>ONE LINE !!!!!</p>	<p>29</p> <p>Opt 1. Cheese Calzones Italian Salad Golden Corn Assorted Fruit Fresh Fruit Chilled Peaches(Pre-K & Sat) King Cake Milk</p> <p>Opt 2. Hamburger on Bun w/wo Cheese</p>	<p>30</p> <p>Opt 1. Hamburger on Bun w/wo Chz. Lettuce/Tomato/Pickle California Blend Assorted Fruit Fresh Fruit Milk Chilled Pears(Pre-K & Sat)</p> <p>Opt 2. Grilled Chicken Filet on Bun</p>	<p>31</p> <p>Opt 1. Pepperoni Pizza Creamed Spinach Caesar Salad Assorted Fruit Fresh Fruit Chilled Mandarin Oranges(Pre-K & Sat) Milk</p> <p>Opt 2. Hot Dog W/Wo Chili</p>	



January 2019 After School Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1  <i>Solemnity of Mary, Mother of God</i> New Year's Day <i>School Closed</i>	2 SCHOOL CLOSED	3 SCHOOL CLOSED	4 SCHOOL CLOSED
7 Scooby Doo Graham Cracker Sticks and 8 oz. Milk	8 Goldfish and 6.75oz Juice	9 Scooby Doo Graham Cracker Sticks and 6.75oz Juice	10 Grandmas Chocolate Chip Cookies and 6.75 oz Juice	11 Nacho Cheese Doritos and 6.75oz Juice Pre-K Only- Goldfish and 6.75 oz Juice
14 Scooby Doo Graham Cracker Sticks and 8 oz. Milk	15 Goldfish and 6.75oz Juice	16 Grandmas Chocolate Chip Cookies and 6.75 oz Juice	17 Scooby Doo Graham Cracker Sticks and 8oz Milk	18 Cool Ranch Doritos and 6.75 oz Juice Pre-K Only- Goldfish and 6.75 oz Juice
21 	22 Goldfish and 6.75oz Juice	23 Scooby Doo Graham Cracker Sticks and 6.75 oz Juice	24 Grandmas Chocolate Chip Cookies and 6.75 oz Juice	25 Nacho Cheese Doritos and 6.75oz Juice Pre-K Only- Goldfish and 6.75 oz Juice
28 Scooby Doo Graham Cracker Sticks and 8 oz. Milk	29 Goldfish and 6.75oz Juice	30 Grandmas Chocolate Chip Cookies and 6.75 oz Juice	31 Scooby Doo Graham Cracker Sticks and 8 oz. Milk	Cool Ranch Doritos and 6.75 oz Juice Pre-K Only- Goldfish and 6.75 oz Juice

