



Meal Program Menu

September 2019

Sacred Heart
Catholic School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 School is not in session	3	4	5	6 School is not in session	7
8	9 Meal program starts Chicken wraps	10 Mac & cheese	11 Sloppy joes	12 Fish & chips	13 Tomato soup	14
15	16 Chicken fingers	17 Ham & rice	18 Spaghetti	19 Grilled cheese	20 Vegetable soup & bun	21
22	23 Fish burgers	24 Perogies & sausages	25 Chili & cornbread	26 Build your own subs	27 School is not in session	28
29	30 Pepperoni pizza					

Each meal is served with a healthy side of vegetables (raw or roasted, salad, veggies & dip and / or fruit.