



Meal Program Menu September 2021

Sacred Heart Catholic School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labour Day NO SCHOOL	7	8 First day of school. 11:20AM dismissal	9 <i>Kindergarten dismissal @ Noon</i> <i>Gr. 1-7 Students to pack lunch</i>	10 <i>Kindergarten dismissal @ Noon</i> <i>Gr. 1-7 Students to pack lunch</i>	11
12	13 Meal Program starts: Chicken strips & salad	14 Sloppy joes	15 Fish burgers	16 Spaghetti	17 Mac & cheese	18
19	20 Ham & rice	21 Subs & yoghurt	22 Meatloaf & wedges	23 Pepperoni pizza	24 Fish & chips	25
26	27 Perogies & sausage	28 Tuna melts	29 Chili & corn bread	30 Truth & Reconciliation Day NO SCHOOL	Each meal is served with a healthy side of vegetables (raw or roasted, salad, veggies & dip and / or fruit.	

