LUNCH

# OCTOBER 2026

Sacred Heart Jr/Sr. High School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | **1**<br>**Chicken Fry Steak**<br>Roll<br>**Sub Bar**<br>Mashed Potatoes w/ Gravy<br>Garden Bar<br>Orange<br>Canned Fruit | **2**<br>**Bosco Sticks**<br>**Marinara Sauce**<br>**Fruit & Yogurt Parfait w/ Muffin**<br>Peas<br>Garden Bar<br>Fresh Plum<br>Mandarin Oranges |
| **5**<br>**Waffle**<br>**Sausage Patty(ies)**<br>**Hot Dog on Bun**<br>Tritaters (2)<br>Garden Bar<br>Mixed Berries<br>Canned Fruit | **6**<br>**Fiestada Pizza**<br>**Sub Bar**<br>Black Beans<br>Garden Bar<br>Banana<br>Canned Fruit | **7**<br>**Puled Pork on Bun**<br>**Sub Bar**<br>Green Beans<br>Garden Bar<br>Grapes<br>Canned Fruit | **8**<br>**Chicken Nuggets**<br>Roll<br>**Sub Bar**<br>Curly Fries<br>Garden Bar<br>Kiwi<br>Canned Fruit | **9**<br>**Lasagna Roll Up**<br>Garlic Bread<br>**Fish Filet on Bun**<br>Corn<br>Garden Bar<br>Apple<br>Mandarin Oranges |
| **12**<br>**Hamburger on Bun**<br>**BBQ Rib on Bun**<br>French Fries<br>Garden Bar<br>Apple<br>Canned Fruit | **13**<br>**Soft Chicken Tacos**<br>**Sub Bar**<br>Refried Beans<br>Garden Bar<br>Banana<br>Canned Fruit | **14**<br>**Pepperoni or Sausage Pizza**<br>**SubBar**<br>Capri Vegetable Blend<br>Garden Bar<br>Craisens<br>Canned Fruit | **15**<br>**Teriyaki Chicken and Rice Bowl**<br>**Sub Bar**<br>Asian Vegetables<br>Garden Bar<br>Frozen Mixed Fruit<br>Canned Fruit<br>Fortune Cookie | **16**<br>**Toasted Cheese Ravioli**<br>**Marinara Sauce**<br>**Bean & Cheese Burrito**<br>Roasted Carrots<br>Garden Bar<br>Orange<br>Mandarin Oranges |
| **19**<br>**Breaded Chicken on Bun**<br>**Hot Ham & Cheese**<br>Potato Wedges<br>Garden Bar<br>Fresh Plum<br>Canned Fruit | **20**<br>**Nachos: Taco Meat**<br>**Queso Blanco**<br>**Sub Bar**<br>Black Beans<br>Garden Bar<br>Strawberries<br>Canned Fruit | **21**<br>No School | **22**<br>No School | **23**<br>No School |
| **26**<br>**Biscuit Breakfast Sandwich**<br>**Pancake on Stick**<br>Waffle Fries<br>Garden Bar<br>Apples<br>Canned Fruit | **27**<br>**Chicken Burrito Bowl w/ Rice**<br>**Sub Bar**<br>Pinto Beans<br>Garden Bar<br>Frozen Fruit Mix<br>Canned Fruit | **28**<br>**Cheese Burger on Bun**<br>**Sub Bar**<br>Baked Beans<br>Sun Chips<br>Garden Bar<br>Frozen Watermelon Juice Cup<br>Canned Fruit | **29**<br>**Chicken Tenders**<br>Corn Hushpuppies<br>**Sub Bar**<br>Potato Wedges<br>Garden Bar<br>Oranges<br>Canned Fruit | **30**<br>**Cheese Pizza**<br>**Fruit & Yogurt Pizza**<br>California Vegetable Blend<br>Garden Bar<br>Fresh Plum<br>Canned Fruit |

Choice of Flavored or Unflavored Milk is offered each mealtime.
Menu is subject to change due to availability and staffing.