

Scholar's Name: _____ Grade: _____

Sacred Heart Elementary School

MAY 2023



iCater

Please Choose Milk: 1% ☐ Skim Chocolate ☐

Due April 24

Please Place an X in box of the meals you wish to order.

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch – Breaded Chicken Sandwich, (3oz) Mayo, (.3oz) WW Burger Bun, (1oz) and Zesty Corn Salad over Greens($\frac{1}{2}$ cup) , Dressing Milk(8oz)/ Honey Dew Melon(1 slice) <input type="checkbox"/>	Lunch –Salisbury Steak(3oz) with Gravy(2oz), Roasted Potatoes, (4oz) Carrots($\frac{1}{2}$ cup), WW Dinner Roll(1oz) Milk(8oz) / Orange <input type="checkbox"/>	Lunch – Pancakes (3oz), Sausage Links (2oz), Tater Tots (2oz), Syrup, Whole Wheat Bread Slice(1oz), Milk(8oz)/Apple <input type="checkbox"/>	Lunch –Chicken Nuggets(5 each 4oz) w/ Sour Dipping Sauce(2oz) Mixed Vegetables, Black Beans WW Dinner Roll(1oz) Milk (8oz) / Mandarins <input type="checkbox"/>	Lunch – Cheese Ravioli(3oz) and meatballs(2oz) with marinara, Cali-Gold Vegetables, WW Dinner Roll(1oz), Butter Milk(8oz)/Chilled Pears(4oz) <input type="checkbox"/>
Lunch- Barbequed Chicken Sandwich, Green Beans, (4 oz Chicken) Green beans (4 oz) , Milk, Cantaloupe(1 slice) <input type="checkbox"/>	Lunch – Meat Lasagna(8oz), Tossed Salad($\frac{1}{2}$ cup), Dressing, Whole Wheat Bread Slice w/Butter Milk (8oz) /Chilled Peaches(4oz) <input type="checkbox"/>	Lunch –Mac & Cheese(6oz), Popcorn Chicken, Garden Veg($\frac{1}{2}$ cup), Whole Wheat Dinner Roll(1oz) Milk (8oz) / Honey Dew(1 slice) <input type="checkbox"/>	Lunch –Cheeseburger(3oz) Cheese, (1oz)Whole Wheat Burger Bun, (1oz), Peas & Carrots, Chickpeas Milk (8oz) /Orange <input type="checkbox"/>	Lunch –Cheese Pasta Roll-up, w/ Meatballs & Tomato Sauce) WW Roll (1 oz) with Italian Green Beans, (3oz) Milk(8oz) / Apple <input type="checkbox"/>
Lunch –Grilled Chicken w/Cream Sauce, (3oz), Mashed Potatoes(3oz), Green Beans ($\frac{1}{2}$ cup) and Whole Grain Bread Slice(1oz), w/Butter Milk (8oz) / Chilled Mandarins(4oz) <input type="checkbox"/>	Lunch – Meat Lasagna(8oz), w/ Caesar Salad($\frac{1}{2}$ cup) , Dressing, Whole Wheat Dinner Roll(1oz) w/Butter Milk(8oz)/Cantaloupe (1 slice) <input type="checkbox"/>	Lunch-Apple Pancakes(3oz), Sausage Links(2oz), Tater Tots(2oz), Syrup, Whole Wheat Bread Slice(1oz), Milk(8oz) / Chilled Peaches(4oz) <input type="checkbox"/>	Lunch –Meatball Subs(4oz) with Shredded Mozzarella(1oz), Whole Wheat Sub Roll, Carrots, Black Beans, Milk(8oz)/ Honeydew(1 slice) <input type="checkbox"/>	Lunch- Roast Turkey, (4oz) Gravy 1oz, Sweet Potatoes, (4oz) Mixed Vegetables (4oz) Whole wheat roll Milk(8oz)/ Orange(1 each) <input type="checkbox"/>
Lunch –Chicken Parm(3oz) Whole Wheat Pasta(2oz) Salad($\frac{1}{2}$ cup) , Dressing, Milk(8oz)/Apple <input type="checkbox"/>	Lunch –Breaded Chicken Tenders(5 each 4oz) with BBQ Dipping Sauce (2oz) with Carrots($\frac{1}{2}$ cup) and WW Dinner Roll(1oz) Milk (8oz)/ Pears(4oz) <input type="checkbox"/>	Lunch – Whole Grain Penne Pasta, (4oz) with Meat Sauce (4 oz) Italian Green Beans, Milk(8oz)/Chilled Pears(4oz) <input type="checkbox"/>	Lunch – Cheeseburger(3oz), Cheese(1oz), Whole Wheat Bun(1oz),Ketchup(.3oz), Mixed Vegetables($\frac{1}{2}$ cup), Chickpeas, Milk(8oz)/Cantaloupe(1slice) <input type="checkbox"/>	
	Lunch –Salisbury Steak(3oz) with Gravy(2oz), Roasted Potatoes, (4oz) Carrots($\frac{1}{2}$ cup), WW Dinner Roll(1oz) Milk(8oz) / Orange <input type="checkbox"/>	Lunch – Pancakes (3oz), Sausage Links (2oz), Tater Tots (2oz), Syrup, Whole Wheat Bread Slice(1oz), Milk(8oz)/Apple <input type="checkbox"/>		

MEALS ARE SUBJECT TO CHANGE

Meals/Month _____

***Before Placing your order, please inform the school if you have a food allergy!**

* Due to on going supply chain issues and vendor shortages, meal and meal component substitutions may occur without notice. The new meal will meet or exceed all CACFP meal pattern requirements.

This institution is an Equal Opportunity Employer