



September 2010

SCHOOLS OF THE SACRED HEART

CONVENT & STUART HALL

First Grade Menu

Check your account at <https://www.mynutrikids.com>

Contact us at tastesh@tastenutrition.com

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 •Bow Tie Pasta with Marinara and Fresh Baked Bread Roll (v) •Ham Sandwich	3 •North Beach Cheese Pizza (v) •Tuna Salad Sandwich
6 Labor Day	7 •Soft Chicken Tacos with Salsa Fresca, Guacamole, and Sour Cream •Soy Butter and Jelly Sandwich(v)	8 •Baked Penne Pasta with Mozzarella (v) •Turkey Sandwich	9 •BBQ Pork Spare Ribs with Molasses Baked Beans and Cornbread •Cheddar Cheese Sandwich (v)	10 •Chinese Orange Chicken Brown Rice •Egg Salad Sandwich (v)
13 •Steak Fajitas with Salsa Fresca, Guacamole, and Sour Cream •Egg Salad Sandwich (v)	14 •Fettuccine Alfredo (v) •Turkey Sandwich	15 •Garden Burger and Oven Baked Fries (v) •Chicken Salad Sandwich	16 •Chile Cheese Tamales (v) •Ham Sandwich	17 •North Beach Cheese Pizza (v) •Tuna Salad Sandwich
20 •Fish & Chips •Swiss Cheese Sandwich (v)	21 •Vegetarian Chili with Baked Potato, Cheddar Cheese, Sour Cream, and Green Onions (v) •Turkey Sandwich	22 •All Natural Roast Diestal Turkey with Mashed Potatoes, Gravy, and Cranberry Sauce •Soy Butter and Jelly Sandwich(v)	23 •Spaghetti, and Garlic Bread (v) •Salami Sandwich	24 •Niman Ranch Hot Dogs and Oven Baked Fries •Egg Salad Sandwich (v)
27 •Enchilada Casserole with Cheddar Cheese and Homemade Salsa Fresca (v) •Tuna Salad Sandwich	28 •North Beach Foccacia with Sun Dried Tomatoes (v) •Turkey Sandwich	29 •Baked Penne Pasta with Mozzarella (v) •Ham Sandwich	30 •Natural Grass Fed Beef Sloppy Joes on Whole Wheat Bun with Oven Baked Fries •Egg Salad on Wheat (v)	

All entrées are "Kid Friendly" and are prepared using the freshest and healthiest ingredients available.

All Meals include Fresh Fruits and Vegetables.

v: Vegetarian Entrée