



BLESSED SACRAMENT BREAKFAST MENU JUNE 2023



Monday 05/29	Tuesday 05/30	Wednesday 05/31	Thursday 06/01	Friday 06/02
NO SCHOOL	Strawberry Toaster Pastry	Maple Mini Waffles	Chocolate Chip French Toast	Yogurt Cup
	String Cheese	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker
	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
06/05	06/06	06/07	06/08	06/09
Frosted Mini Wheats Cereal	Cinnamon Toaster Pastry	Whole Grain Apple Muffin	Tropical Oatmeal	Banana Bread
Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker	String Cheese
Craisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
06/12	06/13	06/14	06/15	06/16
Yogurt Cup	Whole Grain Cherry Frudel	Strawberry Cream Cheese Bagel	Mini Cinnamon Roll	Whole Wheat Bagel Served with Jelly Cup
Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	String Cheese
Watermelon Craisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
1% AND FAT FREE MILK OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	



BLESSED SACRAMENT LUNCH MENU JUNE 2023



Monday 05/29	Tuesday 05/30	Wednesday 05/31	Thursday 06/01	Friday 06/02
NO SCHOOL	1. Teriyaki Chicken Burrito, Black Beans, Chilled Fruit 2. Chef Salad with WG Flatbread, Cucumber Coins, Chilled Fruit 3. Chicken Caesar Salad with WG Flatbread, Cucumber Coins, Chilled Fruit	1. Cheeseburger with Baked French Fries, Roasted Butternut Squash, Fresh Fruit 2. Very Berry Smoothie Bowl, Chilled Corn, Fresh Fruit 3. Sunshine Smoothie Bowl, Chilled Corn, Fresh Fruit	1. Cheese or Pepperoni Pizza with Caesar Salad, Celery Sticks, Chilled Fruit 2. Chef Salad with WG Flatbread, Baby Carrots, Chilled Fruit 3. Chicken Caesar Salad with WG Flatbread, Baby Carrots, Chilled Fruit	1. Pavo al Horno with Dinner Roll, Roasted Broccoli, Fresh Fruit 2. Verry Berry Smoothie Bowl, Broccoli Florets, Fresh Fruit 3. Sunshine Smoothie Bowl, Broccoli Florets Fresh Fruit
06/05	06/06	06/07	06/08	06/09
1. Cheese Filled Breadstick with Tater Tots, Black Beans, Fresh Fruit 2. Garden Salad with WG Flatbread, Kidney Beans, Fresh Fruit 3. Spicy Buffalo Chicken with WG Flatbread, Kidney Beans, Fresh Fruit	1. Enchilada Suiza with Cilantro Lime Rice, Mexican Roasted Sweet Potatoes, Chilled Fruit 2. Tropical Smoothie Bowl, Cucumber Coins, Chilled Fruit 3. Banana Berry Smoothie Bowl, Cucumber Coins, Chilled Fruit	1. Cheese or Pepperoni Pizza with Caesar Salad, Aztec Corn, Fresh Fruit 2. Garden Salad with WG Flatbread, Chilled Corn, Fresh Fruit 3. Spicy Buffalo Chicken with WG Flatbread, Chilled Corn, Fresh Fruit	1. Broccoli Chicken Alfredo with Breadstick, Garbanzo Beans, Chilled Fruit 2. Tropical Smoothie Bowl, Broccoli Florets, Chilled Fruit 3. Banana Berry Smoothie Bowl, Broccoli Florets, Chilled Fruit	1. Fajita Chicken with Brown Rice, Carrot Coins, Fresh Fruit 2. Garden Salad with WG Flatbread, Baby Carrots, Fresh Fruit 3 Spicy Buffalo Chicken with WG Flatbread, Baby Carrots, Fresh Fruit
06/12	06/13	06/14	06/15	06/16
1. Crispy Chicken Sandwich with Baked French Fries, Mexican Black Beans, Fresh Fruit 2. Sunshine Smoothie Bowl, Celery Sticks, Chilled Fruit 3. Banana Berry Smoothie Bowl, Celery Sticks, Chilled Fruit	1. Buffalo Chicken or Cheese Pizza with Caesar Salad, Steamed Broccoli, Chilled Fruit 2. American Wrap, Baby Carrots, Chilled Fruit 3. Crispy Chicken Wrap, Baby Carrots, Chilled Fruit	1. Chicken Nuggets Served with Dinner Roll and Baked French Fries, Fresh Fruit 2. Sunshine Smoothie Bowl, Broccoli Florets, Chilled Fruit 3. Banana Berry Smoothie Bowl, Broccoli Florets, Chilled Fruit	1. Cheddar Macaroni and Cheese with Dinner Roll, Steamed Carrot Coins, Chilled Fruit 2. American Wrap, Garbanzo Bean, Chilled Fruit 3. Crispy Chicken Wrap, Garbanzo Bean, Chilled Fruit	No Lunch, Early Release
1% AND FAT FREE MILK OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	