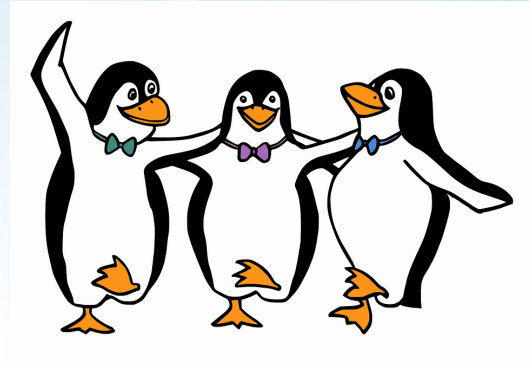


This institution is an equal opportunity provider. Menus are subject to change.

JANUARY 2025

BLESSED SACRAMENT SCHOOL



* indicates the item contains Pork



Monday, January 6

Lunch
 -Chicken Strips & Roll
 -Mini Corn Dogs
 -Deli Sandwich
 Baked Beans
 Chilled Pineapple
 Cold Milk

 -No Salads Today

Tuesday, January 7

Lunch
 -Cheese Quesadilla
 -Hamburger on Bun
 -Deli Sandwich
 Green Beans
 Chilled Applesauce
 Cold Milk

 -No Salads Today

Wednesday, January 8

Lunch
 -Sausage, Egg & Cheese Croissant*
 -Hot Dog on Bun
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Seasoned Carrots
 Chilled Pears
 Cold Milk

Thursday, January 9

Lunch
 Popcorn Chicken, Pretzel Bite & Cheese Sauce
 -Turkey & Cheese Melt (Toasted Cheese & Turkey)
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Steamed Broccoli
 Mixed Fruit
 Cold Milk

Friday, January 10

Lunch
 -Cheeseburger
 -Hot & Spicy Chicken Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Tator Tots
 Chilled Peaches
 Cold Milk

NUTRITION TO GO

Trying to cut down on added sugar? Foods like pastry would be a good place to start. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44 ounce fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!

A QUICK BITE FOR PARENTS

Monday, January 13

Lunch
 -Cheese Pizza
 -Corn Dog
 -Popcorn Chicken Salad & Bosco Stick
 -Deli Sandwich
 Green Beans
 Mixed Fruit
 Cold Milk

Tuesday, January 14

Lunch
 -Chicken Nuggets & Macaroni
 -Hot Ham & Cheese Sandwich
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Baby Carrots
 Craisins
 Cold Milk

Wednesday, January 15

Lunch
 -French Toast Sticks & Sausage*
 -Turkey & Cheese Croissant
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Sweet Corn
 Chilled Applesauce
 Gogurt Yogurt
 Cold Milk

Thursday, January 16

Lunch
 -Bacon Cheeseburger*
 -Breaded Chicken Sandwich
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Steamed Broccoli
 Chilled Peaches
 Cold Milk

Friday, January 17

Lunch
 -Straw Hat
 -Fish Shapes & Cornbread Muffin
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Cheesy Refried Beans
 Fresh Apple
 Cold Milk