



# OCTOBER 2025

## SACRED HEART LUNCH MENU



**NATIONAL  
BULLYING  
PREVENTION  
MONTH**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



October is New Mexico Grown Month- FMS will be serving Local Beef, & a variety of Local Fruits, and Vegetables.

1

Hainanese Chicken  
Broccoli  
Fruit Choice

2

National Custodian Day  
Baked Ziti (Local Beef) w/ Dinner Roll  
Green Beans  
Fruit Choice

3

Cheese Pizza  
Corn  
Fruit Choice

6

French Toast & Cheesy Scrambled Eggs  
Tater Tots  
Fruit Choice

7

Creamy Chicken Alfredo w/ Garlic Bread  
Broccoli  
Fruit Choice

8

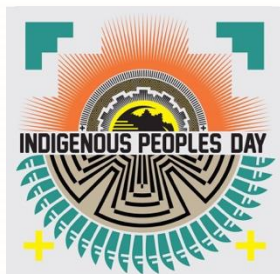
Corn Dog  
Sweet Potato Fries  
Oven Roasted Squash  
Fruit Choice

9

Picadillo (Local Beef) w/ Garlic Mashed Potatoes & Flour Tortilla  
Fruit Choice

10

No School



14

NSL Week  
Beef Nachos  
Pinto Beans  
Fruit Choice

15

NSL Week  
Grilled Chicken  
Baked Potato  
Broccoli  
Dinner Roll  
Fruit Choice

16

Childhood Nutrition Day  
NSL Week  
Beef Stroganoff w/ Dinner Roll  
Green Beans  
Fruit Choice

17

NSL Week  
Hot Dog  
Potato Smiles  
Corn  
Fruit Choice

20

Waffles & Cheesy Scrambled Eggs  
Tater Tots  
Fruit Choice

21

National Apple Day  
Homestyle Spaghetti (Local Beef) w/ Garlic Bread  
Carrots  
Warm Apple Slices

22

Frito Pie (Local Beef, & Pinto Beans)  
Steamed Corn  
Fruit Choice

23

Chicken Sandwich  
French Fries  
Fruit Choice

24

Grilled Cheese Sandwich  
Tomato Soup  
Fruit Choice

27

National Potato Day  
Breaded Drumstick  
Tater Tots  
Dinner Roll  
Fruit Choice

28

Cheeseburger  
Potato Wedges  
Fruit Choice

29

Hainanese Chicken  
Broccoli  
Fruit Choice

30

Baked Ziti (Local Beef) w/ Dinner Roll  
Green Beans  
Fruit Choice

31

Halloween  
Zombie Finger  
Potato Smiles  
EEK Sidekick

PICK 3 MEAL- FRUIT, VEGETABLE, AND CHOICE OF MILK.

### MILK

Included with your meal and offered daily.  
Milk varieties include 1% low fat and fat-free choices

Elmor North America is an equal opportunity provider





# October 2025

## SACRED HEART BREAKFAST MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**PUMPKIN**  
MONTH

1

**Yogurt Cup**  
Homemade Granola  
Fruit Choice

2

**Cereal & Graham  
Cracker**  
Fruit Choice  
Milk

3

**Bagel & Cream  
Cheese**  
Fruit Choice  
Milk

6

**UBR**  
Fruit Choice  
String Cheese

7

**Cereal & Graham  
Cracker**  
Fruit Choice  
Milk

8

**Cini Mini**  
Fruit Choice  
Milk

9

**Strawberry Bagel**  
Fruit Choice  
String Cheese

10

**No  
School**



14

**Frudel**  
Fruit Choice  
String Cheese

15

**Yogurt Cup**  
Homemade Granola  
Fruit Choice

16

**National Childhood  
Nutrition Day**  
**Cereal & Graham  
Cracker**  
Fruit Choice  
Milk

17

**Bagel & Cream  
Cheese**  
Fruit Choice  
Milk

20

**Banana Muffin**  
Fruit Choice  
String Cheese

21

**National Apple Day**  
**Cereal & Graham  
Cracker**  
Fruit Choice  
Milk

22

**Nutrigrain Bar**  
Fruit Choice  
String Cheese

23

**Poptart**  
Fruit Choice  
Milk

24

**Blueberry Muffin**  
Fruit Choice  
String Cheese

27

**Uncrustable**  
Fruit Choice

28

**Frudel**  
Fruit Choice  
String Cheese

29

**Yogurt Cup**  
Homemade Granola  
Fruit Choice

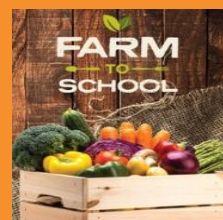
30

**Cereal & Graham  
Cracker**  
Fruit Choice  
Milk

31

**Halloween**  
**Bagel & Cream Cheese**  
Fruit Choice  
Milk

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variety of Local  
Fruits, and  
Vegetables.**



MENU IS SUBJECT TO CHANGE WITHOUT NOTICE





# OCTOBER 2025

## SACRED HEART MIDDAY SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Goldfish Pretzels Fresh Fruit	2 Granola Bar Fresh Fruit	3 Cinnamon Goldfish Fresh Fruit
6 Dino Bites Fresh Fruit	7 Teddy Grahams Fresh Fruit	8 Bag of Chips Fresh Fruit	9 Chex Mix Fresh Fruit	10 No School
	14 Cheez-it Crackers Fresh Fruit	15 Goldfish Pretzels Fresh Fruit	16 Granola Bar Fresh Fruit	17 Cinnamon Goldfish Fresh Fruit
20 Dino Bites Fresh Fruit	21 Teddy Grahams Fresh Fruit	22 Bag of Chips Fresh Fruit	23 Chex Mix Fresh Fruit	24 Nutrigrain Bar Fresh Fruit
27 Tiger Bites Fresh Fruit	28 Cheez-it Crackers Fresh Fruit	29 Goldfish Pretzels Fresh Fruit	30 Granola Bar Fresh Fruit	31 Cinnamon Goldfish Fresh Fruit





# OCTOBER 2025

## SACRED HEART AFTERSCHOOL SNACK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**PUMPKIN**  
MONTH

<sup>1</sup> Bell Pepper Strips  
w/ Ranch  
String Cheese

<sup>2</sup> Teddy Grahams  
Pineapple

<sup>3</sup> Sliced Apples  
String Cheese

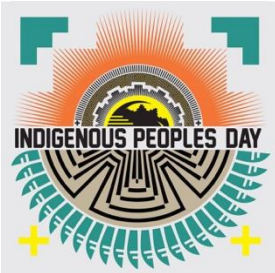
<sup>6</sup> Cereal  
Milk

<sup>7</sup> Dino Bites  
Oranges

<sup>8</sup> Yogurt  
Granola

<sup>9</sup> Blueberry Muffin  
Milk

<sup>10</sup> No  
School



<sup>14</sup> Granola Bar  
Milk

<sup>15</sup> Strawberry  
Muffin  
Milk

<sup>16</sup> Cereal  
Milk

<sup>17</sup> Applesauce  
Goldfish graham

<sup>20</sup> Banana  
String Cheese

<sup>21</sup> Cheddar Goldfish  
Milk

<sup>22</sup> Yogurt  
Strawberries

<sup>23</sup> Pretzels  
String cheese

<sup>24</sup> Mandarin Oranges  
Chocolate Tigers

<sup>27</sup> Dino Bites  
Diced peaches

<sup>28</sup> Pumpkin Muffin  
Milk

<sup>29</sup> Bell Pepper Strips  
w/ Ranch  
String Cheese

<sup>30</sup> Teddy Grahams  
Pineapple

<sup>31</sup> Sliced Apples  
String Cheese

