

**ST. HELEN**  
**PreK - 6<sup>th</sup>**



**2023**

**Breakfast Served At No Cost and Subject to Change**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
I.W. Chocolate Muffin 30g Peach Cup 19g Apple Juice 14g Milk 14g/20g <b>9</b>	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <b>10</b>	Crunchmania 37g Grapes 15g Apple Juice 14g Milk 14g/20g <b>11</b>	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <b>12</b>	I.W. Banana Bread Loaf 27g Pear Cup 19g Apple Juice 14g Milk 14g/20g <b>13</b>
<b>MARTIN LUTHER KING DAY NO SCHOOL</b> <b>16</b>	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <b>17</b>	Golden Graham Cereal 24g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g <b>18</b>	I.W. Cinnamon Roll 38g Peach Cup 19g Orange Juice 14g Milk 14g/20g <b>19</b>	I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <b>20</b>
Crunchmania 37g Pear Cup 19g Orange Juice 14g Milk 14g/20g <b>23</b>	I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g <b>24</b>	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <b>25</b>	I.W. Banana Bread Loaf 27g Grapes 15g Apple Juice 14g Milk 14g/20g <b>26</b>	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <b>27</b>
Trix Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <b>30</b>	I.W. Cinnamon Roll 38g Banana 27g Orange Juice 14g Milk 14g/20g <b>31</b>	Trix Cereal 24g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g <b>1</b>	I.W. Donut 23g Pear Cup 19g Orange Juice 14g Milk 14g/20g <b>2</b>	Golden Graham Cereal 24g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <b>3</b>

# ST. HELEN

## PreK - 6<sup>th</sup>



**2023**  
**\$2.25**

**Lunch Menu Subject to Change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Grape Tomatoes 3g Banana 27g Milk 14g/20g <b>9</b>	Chicken Tenders 16g Mixed Vegetables 12g Carrot Sticks 8g Grapes 27g Milk 14g/20g <b>10</b>	2 Cheesy Breadsticks 30g Corn 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g <b>11</b>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Broccoli Florets 6g Applesauce Cup 14g Milk 14g/20g <b>12</b>	Chicken Pattie on Bun 38g Tater Tots 16g Celery Sticks 2g Peach Cup 19g Milk 14g/20g <b>13</b>
<b>MARTIN LUTHER KING DAY NO SCHOOL 16</b>	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Tossed Salad 2g Banana 27g Milk 14g/20g <b>17</b>	Grilled Cheese Sandwich 31g Tomato Soup 20g Carrot Sticks 8g Pineapples 14g Milk 14g/20g <b>18</b>	French Toast 34g w/Sausage Links 1g Corn 16g Dragon Punch 13g Apple Slices 14g Milk 14g/20g <b>19</b>	Cheeseburger on Bun 23g Baked Beans 33g Sliced Cucumbers 2g Pear Cup 19g Milk 14g/20g <b>20</b>
Chicken Pattie on Bun 38g Mixed Vegetables 12g Celery Sticks 2g Banana 27g Milk 14g/20g <b>23</b>	Chicken Tenders 16g Tater Tots 16g Dragon Punch 13g Grapes 27g Milk 14g/20g <b>24</b>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Grape Tomatoes 3g Applesauce Cup 14g Milk 14g/20g <b>25</b>	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g <b>26</b>	Calzone Italian Beef Pepperoni 32g Green Beans 4g Broccoli Florets 6g Pineapples 14g Milk 14g/20g <b>27</b>
Pizza Cheese 22g or Pepperoni 22g Carrot Coins 12g Dragon Punch 13g Peach Cup 19g Milk 14g/20g <b>30</b>	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g <b>31</b>	Cheeseburger on Bun 23g Baked Beans 33g Sliced Cucumbers 2g Banana 27g Milk 14g/20g <b>1</b>	Grilled Cheese Sandwich 31g Tomato Soup 20g Carrot Sticks 8g Grapes 27g Milk 14g/20g <b>2</b>	2 Cheesy Breadsticks 30g Corn 16g Tossed Salad 2g Strawberry Cup 22g Milk 14g/20g <b>3</b>

Unrustable – Smuckers (32g)    Sauces – BBQ (10g)    Taco Sauce (1g)    Ketchup (2g)    Ranch (2g)    Lite Mayonnaise (2g)    Mustard (0g)    Marinara (4g)    Syrup (30g)    Cookies – Graham crackers (18g)

# ST. HELEN

## 7<sup>th</sup> – 8<sup>th</sup>



# 2023

**Breakfast Served At No Cost and Subject To Change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Peach Cup 19g Apple Juice 14g Milk 14g/20g <b>9</b>	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <b>10</b>	Crunchmania 37g Grapes 15g Apple Juice 14g Milk 14g/20g <b>11</b>	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <b>12</b>	I.W. Banana Bread Loaf 27g Pear Cup 19g Apple Juice 14g Milk 14g/20g <b>13</b>
<b>MARTIN LUTHER KING DAY NO SCHOOL 16</b>	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <b>17</b>	Golden Graham Cereal 24g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g <b>18</b>	I.W. Cinnamon Roll 38g Peach Cup 19g Orange Juice 14g Milk 14g/20g <b>19</b>	I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <b>20</b>
Crunchmania 37g Pear Cup 19g Orange Juice 14g Milk 14g/20g <b>23</b>	I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g <b>24</b>	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <b>25</b>	I.W. Banana Bread Loaf 27g Grapes 15g Apple Juice 14g Milk 14g/20g <b>26</b>	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <b>27</b>
Trix Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <b>30</b>	I.W. Cinnamon Roll 38g Banana 27g Orange Juice 14g Milk 14g/20g <b>31</b>	Trix Cereal 24g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g <b>1</b>	I.W. Donut 23g Pear Cup 19g Orange Juice 14g Milk 14g/20g <b>2</b>	Golden Graham Cereal 24g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <b>3</b>

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**7<sup>th</sup> – 8<sup>th</sup>**



**2023**  
**\$2.35**

**Lunch Menu Subject to Change**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Tangerine Chicken w/Brown Rice 59g or Calzone Italian Beef Pepperoni 32g Steamed Broccoli 5g Grape Tomatoes 3g Banana 27g Milk 14g/20g <b>9</b>	Chicken Tenders 16g or Corn Dog 30g Mixed Vegetables 12g Carrot Sticks 8g Grapes 27g Milk 14g/20g <b>10</b>	2 Bosco Cheese Sticks 34g or Stuffed Crust Pizza 36g Corn 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g <b>11</b>	Taco Meat w/Nacho Chips 24g or Totally Taco Wedges 30g Refried Beans 16g Broccoli Florets 6g Applesauce Cup 14g Milk 14g/20g <b>12</b>	Chicken Pattie on Bun 38g or Spicy Chicken Pattie on Bun 38g Tater Tots 16g Celery Sticks 2g Peach Cup 19g Milk 14g/20g <b>13</b>
<b>MARTIN LUTHER KING DAY</b> <b>NO SCHOOL</b> <b>16</b>	Chicken Nuggets 16g w/Dinner Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Tossed Salad 2g Banana 27g Milk 14g/20g <b>17</b>	Grilled Cheese Sandwich 31g or 2 Bosco Cheese Sticks 34g Tomato Soup 20g Carrot Sticks 8g Pineapples 14g Milk 14g/20g <b>18</b>	French Toast 34g w/Sausage Links 1g or Chicken Quesadilla 37g Corn 16g Dragon Punch 13g Apple Slices 14g Milk 14g/20g <b>19</b>	Cheeseburger on Bun 23g or Beef Hotdog on Bun 21g Baked Beans 33g Sliced Cucumbers 2g Pear Cup 19g Milk 14g/20g <b>20</b>
Chicken Pattie on Bun 38g or Beef Rib-B-Que on Bun 24g Mixed Vegetables 12g Celery Sticks 2g Banana 27g Milk 14g/20g <b>23</b>	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Dragon Punch 13g Grapes 27g Milk 14g/20g <b>24</b>	Taco Meat w/Nacho Chips 24g or Totally Taco Wedges 30g Refried Beans 16g Grape Tomatoes 3g Applesauce Cup 14g Milk 14g/20g <b>25</b>	Tangerine Chicken w/Brown Rice 59g or Spicy Chicken Pattie on Bun 38g Steamed Broccoli 5g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g <b>26</b>	Calzone Italian Beef Pepperoni 32g or Meatball Sub 28g Green Beans 4g Broccoli Florets 6g Pineapples 14g Milk 14g/20g <b>27</b>
Stuffed Crust Pizza 36g or Lasagna Rollup 29g Carrot Coins 12g Dragon Punch 13g Peach Cup 19g Milk 14g/20g <b>30</b>	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g <b>31</b>	Cheeseburger on Bun 23g or Beef Hotdog on Bun 21g Baked Beans 33g Sliced Cucumbers 2g Banana 27g Milk 14g/20g <b>1</b>	Grilled Cheese Sandwich 31g or Chicken Quesadilla 37g Tomato Soup 20g Carrot Sticks 8g Grapes 27g Milk 14g/20g <b>2</b>	2 Bosco Cheese Sticks 34g or Pulled Pork on Bun 24g Corn 16g Tossed Salad 2g Strawberry Cup 22g Milk 14g/20g <b>3</b>

Uncrustable – Smuckers (32g)    Sauces – BBQ (10g)    Taco Sauce (1g)    Ketchup (2g)    Ranch (2g)    Lite Mayonnaise (2g)    Mustard (0g)    Marinara (4g)    Syrup (30g)    Cookies – Graham crackers (18g)

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**