

ST. HELEN
PreK - 6th

November



2022

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Apple Slices 14g Orange Juice 14g Milk 14g/20g 7	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 8	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 9	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 10	I.W. Cinnamon Roll 38g Peach Cup 19g Orange Juice 14g Milk 14g/20g 11
Crunch Mania 37g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 14	I.W. Donut 23g Banana 27g Orange Juice 14g Milk 14g/20g 15	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 16	I.W. Blueberry Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 17	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 18
NO SCHOOL 21	NO SCHOOL 22	NO SCHOOL 23	NO SCHOOL THANKSGIVING DAY 24	NO SCHOOL 25
I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 28	I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 29	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 30	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 1	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 2

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\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Totally Taco Wedges 30g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g 7	Chicken Pattie on Bun 38g Mixed Vegetables 12g Grape Tomatoes 3g Pineapples 19g Milk 14g/20g 8	Chicken Tenders 16g Tater Tots 16g Broccoli Florets 6g Grapes 27g Milk 14g/20g 9	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 10	2 Cheesy Breadsticks 30g Green Beans 3g Dragon Punch 13g Applesauce Cup 14g Milk 14g/20g 11
Cheeseburger on Bun 23g Baked Beans 36g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 14	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Dragon Punch 14g Pineapples 14g Milk 14g/20g 15	Grilled Cheese Sandwich 31g Tomato Soup 20g Celery Sticks 2g Peach Cup 19g Milk 14g/20g 16	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Grape Tomatoes 3g Applesauce Cup 14g Milk 14g/20g 17	Pizza Cheese 22g or Pepperoni 22g Corn 16g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 18
NO SCHOOL 21	NO SCHOOL 22	NO SCHOOL 23	NO SCHOOL THANKSGIVING DAY 24	NO SCHOOL 25
Calzone Italian Beef Pepperoni 32g Mixed Vegetables 12g Tossed Salad 2g Banana 27g Milk 14g/20g 28	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 29	2 Cheesy Breadsticks 30g Green Beans 4g Sliced Cucumbers 2g Sidekick Fruit Cup 22g Milk 14g/20g 30	French Toast 34g w/Sausage Links 1g Corn 16g Dragon Punch 13g Grapes 27g Milk 14g/20g 1	Chicken Pattie on Bun 38g Baked Beans 36g Broccoli Florets 6g Applesauce Cup 14g Milk 14g/20g 2

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)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

ST. HELEN
7th – 8th

November



2022

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Apple Slices 14g Orange Juice 14g Milk 14g/20g 7	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 8	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 9	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 10	I.W. Cinnamon Roll 38g Peach Cup 19g Orange Juice 14g Milk 14g/20g 11
Crunch Mania 37g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 14	I.W. Donut 23g Banana 27g Orange Juice 14g Milk 14g/20g 15	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 16	I.W. Blueberry Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 17	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 18
NO SCHOOL 21	NO SCHOOL 22	NO SCHOOL 23	NO SCHOOL THANKSGIVING DAY 24	NO SCHOOL 25
I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 28	I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 29	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 30	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 1	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 2

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Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Totally Taco Wedges 30g or Spicy Chicken Pattie on Bun 38g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g 7	Chicken Pattie on Bun 38g or Pulled Pork on Bun 37g Mixed Vegetables 12g Grape Tomatoes 3g Pineapples 19g Milk 14g/20g 8	Chicken Tenders 16g w/Dinner Roll 16g or Corn Dog 30g Tater Tots 16g Grape Tomatoes 3g Grapes 27g Milk 14g/20g 9	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 10	2 Bosco Cheese Sticks 34g or Meatball Sub 28g Carrot Coins 12g Celery Sticks 2g Applesauce Cup 14g Milk 14g/20g 11
Cheeseburger on Bun 23g or Beef Rib-B-Que on Bun 24g Baked Beans 36g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 14	Chicken Nuggets 16g w/Dinner Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Dragon Punch 14g Pineapples 14g Milk 14g/20g 15	Grilled Cheese Sandwich 31g or 3 Totally Taco Wedges 30g Tomato Soup 20g Celery Sticks 2g Peach Cup 19g Milk 14g/20g 16	Tangerine Chicken w/Brown Rice 59g or 2 Bosco Cheese Sticks 34g Steamed Broccoli 5g Grape Tomatoes 3g Applesauce Cup 14g Milk 14g/20g 17	Stuffed Crust Pizza 36g or Lasagna Rollup 29g Corn 16g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 18
NO SCHOOL 21	NO SCHOOL 22	NO SCHOOL 23	NO SCHOOL THANKSGIVING DAY 24	NO SCHOOL 25
Calzone Italian Beef Pepperoni 32g or Meatball Sub 28g Mixed Vegetables 12g Tossed Salad 2g Banana 27g Milk 14g/20g 28	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 29	2 Bosco Cheese Sticks 34g or Chicken Quesadilla 37g Green Beans 4g Sliced Cucumbers 2g Sidekick Fruit Cup 22g Milk 14g/20g 30	French Toast 34g w/Sausage Links 1g or Mini Corn Dogs 33g Corn 16g Dragon Punch 13g Grapes 27g Milk 14g/20g 1	Chicken Pattie on Bun 38g or Pulled Pork on Bun 37g Baked Beans 36g Broccoli Florets 6g Applesauce Cup 14g Milk 14g/20g 2

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)

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