

# ST. HELEN

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



# 2022

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Blueberry Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g  5	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g  6	Trix Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g  7	I.W. Donut 23g Grapes 15g Apple Juice 14g Milk 14g/20g  8	Golden Grahams Cereal 24g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g  9
I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g  12	I.W. Chocolate Muffin 30g Banana 27g Orange Juice 14g Milk 14g/20g  13	I.W. Cinnamon Roll 38g Peach Cup 19g Apple Juice 14g Milk 14g/20g  14	Crunchmania 37g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g  15	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g  16
<b>NO SCHOOL CHRISTMAS BREAK</b>  19	<b>NO SCHOOL CHRISTMAS BREAK</b>  20	<b>NO SCHOOL CHRISTMAS BREAK</b>  21	<b>NO SCHOOL CHRISTMAS BREAK</b>  22	<b>NO SCHOOL CHRISTMAS BREAK</b>  23
<b>NO SCHOOL CHRISTMAS BREAK</b>  26	<b>NO SCHOOL CHRISTMAS BREAK</b>  27	<b>NO SCHOOL CHRISTMAS BREAK</b>  28	<b>NO SCHOOL CHRISTMAS BREAK</b>  29	<b>NO SCHOOL CHRISTMAS BREAK</b>  30
<b>NO SCHOOL CHRISTMAS BREAK</b>  2	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g  3	Trix Yogurt 15g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g  4	I.W. Cinnamon Roll 38g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g  5	I.W. Donut 23g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g  6

# ST. HELEN

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



# 2022

## \$2.25

### Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Totally Taco Wedges 30g Green Beans 4g Broccoli Florets 6g Banana 27g Milk 14g/20g <b>5</b>	Chicken Tenders 16g w/Dinner Roll 16g Tater Tots 16g Carrot Sticks 8g Grapes 27g Milk 14g/20g <b>6</b>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Applesauce Cup 14g Milk 14g/20g <b>7</b>	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g <b>8</b>	Pizza Cheese 22g or Pepperoni 22g Corn 16g Celery Sticks 2g Pear Cup 19g Milk 14g/20g <b>9</b>
Grilled Cheese Sandwich 31g Tomato Soup 20g Sliced Cucumbers 2g Peach Cup 19g Milk 14g/20g <b>12</b>	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Tossed Salad 2g Apple Slices 14g Milk 14g/20g <b>13</b>	French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g <b>14</b>	Chicken Pattie on Bun 38g Mixed Vegetables 12g Broccoli Florets 6g Pineapples 14g Milk 14g/20g <b>15</b>	2 Cheesy Breadsticks 30g Carrot Coins 12g Dragon Punch 13g Applesauce Cup 14g Milk 14g/20g <b>16</b>
<b>NO SCHOOL CHRISTMAS BREAK</b> <b>19</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>20</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>21</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>22</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>23</b>
<b>NO SCHOOL CHRISTMAS BREAK</b> <b>26</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>27</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>28</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>29</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>30</b>
<b>NO SCHOOL CHRISTMAS BREAK</b> <b>2</b>	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Banana 27g Milk 14g/20g <b>3</b>	Calzone Italian Beef Pepperoni 32g Green Beans 4g Celery Sticks 2g Apple Slices 14g Milk 14g/20g <b>4</b>	Cheeseburger on Bun 23g Baked Beans 3g Grape Tomatoes 3g Grapes 15g Milk 14g/20g <b>5</b>	Pizza Cheese 22g or Pepperoni 22g Corn 16g Tossed Salad 2g Pineapples 14g Milk 14g/20g <b>6</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>



2022

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Blueberry Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g  5	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g  6	Trix Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g  7	I.W. Donut 23g Grapes 15g Apple Juice 14g Milk 14g/20g  8	Golden Grahams Cereal 24g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g  9
I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g  12	I.W. Chocolate Muffin 30g Banana 27g Orange Juice 14g Milk 14g/20g  13	I.W. Cinnamon Roll 38g Peach Cup 19g Apple Juice 14g Milk 14g/20g  14	Crunchmania 37g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g  15	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g  16
<b>NO SCHOOL CHRISTMAS BREAK</b>  19	<b>NO SCHOOL CHRISTMAS BREAK</b>  20	<b>NO SCHOOL CHRISTMAS BREAK</b>  21	<b>NO SCHOOL CHRISTMAS BREAK</b>  22	<b>NO SCHOOL CHRISTMAS BREAK</b>  23
<b>NO SCHOOL CHRISTMAS BREAK</b>  26	<b>NO SCHOOL CHRISTMAS BREAK</b>  27	<b>NO SCHOOL CHRISTMAS BREAK</b>  28	<b>NO SCHOOL CHRISTMAS BREAK</b>  29	<b>NO SCHOOL CHRISTMAS BREAK</b>  30
<b>NO SCHOOL CHRISTMAS BREAK</b>  2	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g  3	Trix Yogurt 15g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g  4	I.W. Cinnamon Roll 38g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g  5	I.W. Donut 23g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g  6

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# ST. HELEN

## 7<sup>th</sup> – 8<sup>th</sup>



# 2022

## \$2.35

### Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Totally Taco Wedges 30g or Lasagna Rollup 29g Green Beans 4g Broccoli Florets 6g Banana 27g Milk 14g/20g <b>5</b>	Chicken Tenders 16g w/Dinner Roll 16g or Corn Dog 30g Tater Tots 16g Carrot Sticks 8g Grapes 27g Milk 14g/20g <b>6</b>	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Applesauce Cup 14g Milk 14g/20g <b>7</b>	Tangerine Chicken w/Brown Rice 59g or Mini Corn Dogs 33g Steamed Broccoli 5g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g <b>8</b>	Stuffed Crust Pizza 36g or Meatball Sub 28g Corn 16g Celery Sticks 2g Pear Cup 19g Milk 14g/20g <b>9</b>
Grilled Cheese Sandwich 31g or 3 Totally Taco Wedges 30g Tomato Soup 20g Sliced Cucumbers 2g Peach Cup 19g Milk 14g/20g <b>12</b>	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Tossed Salad 2g Apple Slices 14g Milk 14g/20g <b>13</b>	French Toast 34g w/Sausage Links 1g or Calzone Italian Beef Pepperoni 32g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g <b>14</b>	Chicken Pattie on Bun 38g or Pulled Pork on Bun 37g Mixed Vegetables 12g Broccoli Florets 6g Pineapples 14g Milk 14g/20g <b>15</b>	2 Cheesy Breadsticks 30g or Chicken Quesadilla 37g Carrot Coins 12g Dragon Punch 13g Applesauce Cup 14g Milk 14g/20g <b>16</b>
<b>NO SCHOOL CHRISTMAS BREAK</b> <b>19</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>20</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>21</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>22</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>23</b>
<b>NO SCHOOL CHRISTMAS BREAK</b> <b>26</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>27</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>28</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>29</b>	<b>NO SCHOOL CHRISTMAS BREAK</b> <b>30</b>
<b>NO SCHOOL CHRISTMAS BREAK</b> <b>2</b>	Chicken Nuggets 16g w/Dinner Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Banana 27g Milk 14g/20g <b>3</b>	Calzone Italian Beef Pepperoni 32g or Meatball Sub 28g Green Beans 4g Celery Sticks 2g Apple Slices 14g Milk 14g/20g <b>4</b>	Cheeseburger on Bun 23g or Beef Rib-B-Que on Bun 24g Baked Beans 36g Grape Tomatoes 3g Grapes 27g Milk 14g/20g <b>5</b>	Stuffed Crust Pizza 36g or Lasagna Rollup 29g Corn 16g Tossed Salad 2g Pineapples 14g Milk 14g/20g <b>6</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)

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**