

St. Helen PreK-6th

August



2022

Breakfast Served At No Cost

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NO BREAKFAST	NO BREAKFAST
29	30	31	25	26
I.W. Cinnamon Roll 38g Applesauce Cup 14g Apple Juice 14g Milk	Lucky Charms Cereal 23g Banana 27g Orange Juice 14g Milk	I.W. Chocolate Muffin 32g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk	Donut 23g Apple Slices 14g Apple Juice 14g Milk	Trix Cereal 24g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk

\$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Nuggets w/Sauce 16g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Applesauce Cup 14g Milk	2 Cheesy Breadsticks 30g Carrot Coins 12g Tossed Salad 2g Sidekick Fruit Cup 22g Milk
29	30	31	25	26
French Toast 26g w/Sausage Links 1g Corn 16g Dragon Punch 13g Applesauce Cup 14g Milk	Chicken Tenders w/Sauce 16g Mixed Vegetables 12g Carrot Sticks 8g Banana 27g Milk	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Pear Cup 19g Milk	Cheese Pizza 22g or Pepperoni Pizza 20g Carrot Coins 12g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk	Cheeseburger on Bun 23g Tater Tots 16g Grape Tomatoes 3g Apple Slices 14g Milk
29	30	31	1	2

Assorted Fruit*

Applesauce - 14g
Apple slices - 14g
Banana - 27g
Cantaloupe chunks - 27g (1/2c)

Mandarin oranges - 14g
Mixed berries - 20g
Orange slices - 10g
Pineapple tidbits - 19g

Fresh Strawberries - 6g
Peach Cup - 19g
Pears - 19g
Strawberry cup - 22g

Milk**

Chocolate - 20g
Strawberry - 19g
White - 13g
String Cheese - 1g

Sauces***

BBQ - 10g
Ketchup - 2g
Lite Mayonnaise - 1g
Mustard - 0g

Taco Sauce - 1g
Ranch - 2g

Fruit Juice****

Apple - 14g
Grape - 18g
Orange - 12g
Fruit punch - 14g

Uncrustables

Smuckers - 32g
Other - 35g
Graham crackers - 18g

Cookies

Sugar - 20g

St. Helen
7th - 8th

August



2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NO BREAKFAST	NO BREAKFAST
			25	26
I.W. Cinnamon Roll 38g Applesauce Cup 14g Apple Juice 14g Milk	Lucky Charms Cereal 23g Banana 27g Orange Juice 14g Milk	I.W. Chocolate Muffin 32g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk	Donut 23g Apple Slices 14g Apple Juice 14g Milk	Trix Cereal 24g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk
29	30	31	1	2

\$2.40

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Nuggets w/Dinner Roll 19g or Meatball Sub 28g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Applesauce Cup 14g Milk	2 Bosco Cheese Sticks 34g or Beef Rib-B-Que on Bun 24g Carrot Coins 12g Tossed Salad 2g Sidekick Fruit Cup 22g Milk
			25	26
French Toast 26g w/Sausage Links 1g OR Spicy Chicken Pattie on Bun 38g Corn 16g Dragon Punch 13g Applesauce Cup 14g Milk	Chicken Tenders w/Sauce 16g or Mini Corn Dogs 33g Mixed Vegetables 12g Carrot Sticks 8g Banana 27g Milk	Taco Meat w/Nacho Chips 24g or Beef Hot Dog on Bun 21g Refried Beans 16g Tossed Salad 2g Pear Cup 19g Milk	Stuffed Crust Cheese Pizza 36g or Calzone 32g Carrot Coins 12g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk	Cheeseburger on Bun 23g or Meatball Sub 28g Tater Tots 16g Grape Tomatoes 3g Apple Slices 14g Milk
29	30	31	1	2

Assorted Fruit*

Applesauce - 14g
Apple slices - 14g
Banana - 27g
Cantaloupe chunks - 27g (1/2c)

Mandarin oranges - 14g
Mixed berries - 20g
Orange slices - 10g
Pineapple tidbits - 19g

Fresh Strawberries - 6g
Peach Cup - 19g
Pears - 19g
Strawberry cup - 22g

Milk**

Chocolate - 20g
Strawberry - 19g
White - 13g
String Cheese - 1g

Sauces***

BBQ - 10g
Ketchup - 2g
Lite Mayonnaise - 1g
Mustard - 0g

Fruit Juice****

Apple - 14g
Grape - 18g
Orange - 12g
Fruit punch - 14g

Un crustables

Smuckers - 32g
Other - 35g
Graham crackers - 18g

Cookies

Sugar - 20g

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER