


ST. HELEN PreK-6th



2023

Breakfast Served At No Cost and Subject To Change


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 No School! <p style="text-align: right;">4</p>	I.W. Glazed Donut Hole 31g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">5</p>	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">6</p>	I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">7</p>	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">8</p>
I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Peach Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">11</p>	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">12</p>	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">13</p>	Trix Cereal 24g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">14</p>	Crunchmania 37g Grapes 15g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">15</p>
I.W. Super Donut 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">18</p>	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">19</p>	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">20</p>	Golden Graham Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">21</p>	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">22</p>
Lucky Charms Cereal 23g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">25</p>	I.W. Chocolate Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">26</p>	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Grapes 15g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">27</p>	I.W. Glazed Donut Hole 31g Peach Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">28</p>	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">29</p>

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\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 No School! <p style="text-align: right;">4</p>	Calzone Italian Beef Pepperoni 32g Carrot Coins 12g Broccoli Florets 6g Banana 27g Milk 14g/20g <p style="text-align: right;">5</p>	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 33g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g <p style="text-align: right;">6</p>	2 Cheesy Breadsticks 34g Corn 16g Wango Mango Juice 13g Sidekick Fruit Cup 22g Milk 14g/20g <p style="text-align: right;">7</p>	Beef Hotdog on Bun 21g Baked Beans 33g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g <p style="text-align: right;">8</p>
Chicken Pattie on Bun 38g Green Beans 4g Sliced Cucumbers 2g Pears 16g Milk 14g/20g <p style="text-align: right;">11</p>	Chicken Tenders 16g Tater Tots 16g Tossed Salad 2g Mandarin Oranges 20g Milk 14g/20g <p style="text-align: right;">12</p>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Dragon Punch 13g Banana 27g Milk 14g/20g <p style="text-align: right;">13</p>	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Pineapples 19g Milk 14g/20g <p style="text-align: right;">14</p>	Cheese Pizza 22g Corn 16g Wango Mango Juice 13g Peach Cup 19g Milk 14g/20g <p style="text-align: right;">15</p>
3 Totally Taco Wedges 30g Baked Beans 33g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g <p style="text-align: right;">18</p>	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g <p style="text-align: right;">19</p>	French Toast 26g w/Sausage Links 1g Mixed Vegetables 12g Sliced Cucumbers 2g Banana 27g Milk 14g/20g <p style="text-align: right;">20</p>	2 Cheesy Breadsticks 30g Corn 16g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g <p style="text-align: right;">21</p>	Cheeseburger on Bun 23g Carrot Coins 12g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g <p style="text-align: right;">22</p>
Grilled Cheese Sandwich 31g Tomato Soup 20g Celery Sticks 3g Banana 27g Milk 14g/20g <p style="text-align: right;">25</p>	Chicken Tenders 16g w/Roll 16g Tater Tots 16g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g <p style="text-align: right;">26</p>	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Pineapples 19g Milk 14g/20g <p style="text-align: right;">27</p>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g <p style="text-align: right;">28</p>	Calzone Italian Beef Pepperoni 32g Corn 16g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g <p style="text-align: right;">29</p>

Served Daily – Uncrustable Tray (46g)


BBQ Sauce (10g) Taco Sauce (1g) Ketchup (2g) Ranch (2g) Lite Mayonnaise (2g) Mustard (0g) Marinara (4g) Syrup (4g)

ST. HELEN
7th-8th



2023

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 No School! 4	I.W. Glazed Donut Hole 31g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 5	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 6	I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 7	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 8
I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Peach Cup 19g Apple Juice 14g Milk 14g/20g 11	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 12	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 13	Trix Cereal 24g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 14	Crunchmania 37g Grapes 15g Apple Juice 14g Milk 14g/20g 15
I.W. Super Donut 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 18	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 19	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 20	Golden Graham Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 21	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 22
Lucky Charms Cereal 23g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 25	I.W. Chocolate Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 26	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Grapes 15g Orange Juice 14g Milk 14g/20g 27	I.W. Glazed Donut Hole 31g Peach Cup 19g Apple Juice 14g Milk 14g/20g 28	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 29

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7th-8th



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Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>LABOR DAY No School!</p> <p style="text-align: right;">4</p>	<p>Calzone Italian Beef Pepperoni 32g or Meatball Sub 50g Carrot Coins 12g Broccoli Florets 6g Banana 27g Milk 14g/20g</p> <p style="text-align: right;">5</p>	<p>Chicken Nuggets 16g w/Roll 16g or Beef Rib-B-Que on Bun 42g Mashed Potatoes & Gravy 33g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g</p> <p style="text-align: right;">6</p>	<p>2 Cheesy Breadsticks 34g or Stuffed Crust Cheese Pizza 36g or Corn 16g Wango Mango Juice 13g Sidekick Fruit Cup 22g Milk 14g/20g</p> <p style="text-align: right;">7</p>	<p>Beef Hotdog on Bun 21g or Cheese Quesadilla 39g Baked Beans 33g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g</p> <p style="text-align: right;">8</p>
<p>Chicken Pattie on Bun 38g or Pulled Pork on Bun 45g Green Beans 4g Celery Sticks 15g Pears 16g Milk 14g/20g</p> <p style="text-align: right;">11</p>	<p>Chicken Tenders 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Tossed Salad 2g Mandarin Oranges 20g Milk 14g/20g</p> <p style="text-align: right;">12</p>	<p>Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Dragon Punch 13g Banana 27g Milk 14g/20g</p> <p style="text-align: right;">13</p>	<p>Tangerine Chicken w/Brown Rice 59g or Spicy Chicken Pattie 44g Steamed Broccoli 5g Carrot Sticks 8g Pineapples 19g Milk 14g/20g</p> <p style="text-align: right;">14</p>	<p>Cheese Pizza 22g or Meatball Sub 50g Corn 16g Wango Mango Juice 13g Peach Cup 19g Milk 14g/20g</p> <p style="text-align: right;">15</p>
<p>3 Totally Taco Wedges 30g or 6 Mini Corn Dogs 33g Baked Beans 33g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g</p> <p style="text-align: right;">18</p>	<p>Chicken Nuggets 16g w/Roll 16g or 4 Glazed Chicken Wings 1g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Pineapples 19g Milk 14g/20g</p> <p style="text-align: right;">19</p>	<p>French Toast 26g w/Sausage Links 1g or Calzone Italian Beef Pepperoni 32g Mixed Vegetables 12g Sliced Cucumbers 2g Banana 27g Milk 14g/20g</p> <p style="text-align: right;">20</p>	<p>2 Cheesy Breadsticks 30g or Four Cheese Pizza 29g Corn 16g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g</p> <p style="text-align: right;">21</p>	<p>Cheeseburger on Bun 23g or Beef Rib-B-Que on Bun 42g Carrot Coins 12g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g</p> <p style="text-align: right;">22</p>
<p>Grilled Cheese Sandwich 31g or Stuffed Crust Cheese Pizza 36g Tomato Soup 20g Celery Sticks 15g Banana 27g Milk 14g/20g</p> <p style="text-align: right;">25</p>	<p>Chicken Tenders 16g w/Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Broccoli Florets 6g Peach Cup 19g Milk 14g/20g</p> <p style="text-align: right;">26</p>	<p>Tangerine Chicken w/Brown Rice 59g or Spicy Chicken Pattie 44g Steamed Broccoli 5g Dragon Punch 13g Peach Cup 19g Milk 14g/20g</p> <p style="text-align: right;">27</p>	<p>Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g</p> <p style="text-align: right;">28</p>	<p>Calzone Italian Beef Pepperoni 32g or Buffalo Chicken Pizza 24g Corn 16g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g</p> <p style="text-align: right;">29</p>

Served Daily – Uncrustable Tray (46g), Chef Turkey Salad (7g), and Chef Salad w/no meat (6g)
 BBQ Sauce (10g) Taco Sauce (1g) Ketchup (2g) Ranch (2g) Lite Mayonnaise (2g) Mustard (0g) Marinara (4g) Syrup (4g)

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