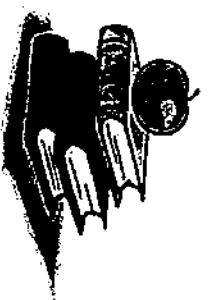


**ST. HELEN  
PreK-6th**

# August



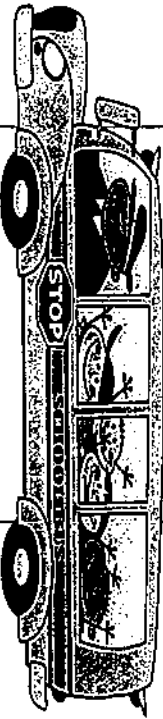
**2023**

Breakfast Served At No Cost

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WELCOME BACK TO SCHOOL</b>				
1.W. Chocolate Muffin 33g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <b>28</b>	Lucky Chorms Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <b>29</b>	1.W. Cinnamon Roll 38g Pear Cup 19g Apple Juice 14g Milk 14g/20g <b>30</b>	<b>NO BREAKFAST</b> Trix Cereal Bar 29g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <b>31</b>	<b>NO BREAKFAST</b> 1.W. Super Donut 23g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g <b>1</b>
1.W. French Toast 37g w/Sausage Links 0g Green Beans 4g Wango Mango Juice 13g Banana 27g Milk 14g/20g <b>28</b>	Chicken Tenders 16g Tater Tots 16g Sliced Cucumbers 2g Peach Cup 19g Milk 14g/20g <b>29</b>	3 Totally Taco Wedges 30g Baked Beans 30g Broccoli Florets 6g Mandarin Oranges 20g Milk 14g/20g <b>30</b>	Cheese Pizza 22g Corn 16g Dragon Punch 13g Strawberry Cup 22g Milk 14g/20g <b>31</b>	Beef Hotdog on Bun 26g Mixed Vegetables 12g Carrot Sticks 8g Pineapples 20g Milk 14g/20g <b>1</b>

**\$2.35**

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
1.W. French Toast 37g w/Sausage Links 0g Green Beans 4g Wango Mango Juice 13g Banana 27g Milk 14g/20g <b>28</b>	Chicken Tenders 16g Tater Tots 16g Sliced Cucumbers 2g Peach Cup 19g Milk 14g/20g <b>29</b>	3 Totally Taco Wedges 30g Baked Beans 30g Broccoli Florets 6g Mandarin Oranges 20g Milk 14g/20g <b>30</b>	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 21g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g <b>24</b>	2 Cheesy Breadsticks 34g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g <b>25</b>

BBA Sauce (10g) Taco Sauce (1g) Ketchup (2g) Ranch (2g) Lite Mayonnaise (2g) Mustard (0g) Marinara (4g) Syrup (30g)

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**ST. HELEN**  
7<sup>th</sup> - 8<sup>th</sup>

# August



**2023**

Breakfast Served At No Cost

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.W. Chocolate Muffin 33g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 28	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 29	1.W. Cinnamon Roll 38g Pear Cup 19g Apple Juice 14g Milk 14g/20g 30	NO BREAKFAST 24	NO BREAKFAST 25
			Trix Cereal Bar 29g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 31	1.W. Super Donut 23g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 1

**\$2.40**

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.W. French Toast 37g w/Sausage Links 0g or Calzone Italian Beef Pepperoni 32g Green Beans 4g Wango Mango Juice 13g Banana 27g Milk 14g/20g 28	Chicken Tenders 16g w/Dinner Roll 16g or Pulled Pork on Bun 24g Tater Tots 16g Sliced Cucumbers 2g Peach Cup 19g Milk 14g/20g 29	3 Totally Taco Wedges 30g or Corn Dog 30g Baked Beans 30g Broccoli Florets 6g Mandarin Oranges 20g Milk 14g/20g 30	Chicken Nuggets w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 21g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 24	2 Cheesy Breadsticks 34g or Grilled Cheese Sandwich 31g Corn 16g Dragon Punch 13g Pineapples 20g Milk 14g/20g 25
1.W. French Toast 37g w/Sausage Links 0g or Calzone Italian Beef Pepperoni 32g Green Beans 4g Wango Mango Juice 13g Banana 27g Milk 14g/20g 28	BBQ Sauce (10g) Taco Sauce (1g) Ketchup (2g) Ranch (2g) Lite Mayonnaise (2g) Mustard (0g) Marinara (4g) Syrup (30g)	Stuffed Crust Cheese Pizza 36g or Chicken Quesadilla 38g Corn 16g Dragon Punch 13g Strawberry Cup 22g Milk 14g/20g 31	Beef Hotdog on Bun 26g or Lasagna Rollup w/Marinara 39g Mixed Vegetables 12g Carrot Sticks 8g Pears 16g Milk 14g/20g 1	

