

ST. HELEN

PreK - 6th



2023

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Peach Cup 19g Apple Juice 14g Milk 14g/20g 1	I.W. Glazed Donut Hole 31g Banana 27g Orange Juice 14g Milk 14g/20g 2	I.W. Blueberry Bread Loaf 26g Apple Slices 14g Apple Juice 14g Milk 14g/20g 3	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 4	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 5
Trix Cereal 24g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 8	I.W. Donut 23g Banana 27g Apple Juice 14g Milk 14g/20g 9	I.W. Cinnamon Roll 38g Peach Cup 19g Orange Juice 14g Milk 14g/20g 10	I.W. Banana Bread Loaf 27g Apple Slices 14g Apple Juice 14g Milk 14g/20g 11	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 12
Crunchmania 37g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 15	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 16	I.W. Glazed Donut Hole 31g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 17	Cinnamon Toast Crunch Cereal 22g Peach Cup 19g Orange Juice 14g Milk 14g/20g 18	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 19
Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 22	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 23	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g FIELD DAY 24	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g LAST DAY OF SCHOOL 25	 26

ST. HELEN

PreK - 6th



2023

\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on Bun 33g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 1	Chicken Tenders 16g Tater Tots 16g Carrot Sticks 8g Applesauce 14g Milk 14g/20g 2	3 Cheese Quesadilla Wedges 31g Baked Beans 33g Broccoli Florets 6g Grapes 15g Milk 14g/20g 3	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Pineapples 14g Milk 14g/20g 4	2 Cheesy Breadsticks 30g Carrot Coins 12g Tossed Salad 2g Sidekick Fruit Cup 23g Milk 14g/20g 5
French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g 8	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g 9	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Mandarin Oranges 14g Milk 14g/20g 10	Grilled Cheese Sandwich 31g Tomato Soup 20g Sliced Cucumbers 2g Strawberry Cup 22g Milk 14g/20g 11	Cheese Pizza 22g Mixed Vegetables 12g Grape Tomatoes 3g Grapes 15g Milk 14g/20g 12
Calzone Italian Beef Pepperoni 32g Carrot Coins 12g Tossed Salad 2g Banana 27g Milk 14g/20g 15	Chicken Tenders 16g Tater Tots 16g Sliced Cucumbers 2g Pineapples 14g Milk 14g/20g 16	Chicken Pattie on Bun 38g Corn 16g Broccoli Florets 6g Grapes 27g Milk 14g/20g 17	3 Cheese Quesadilla Wedges 31g Green Beans 4g Grape Tomatoes 3g Sidekick Fruit Cup 23g Milk 14g/20g 18	Beef Hotdog on Bun 26g Baked Beans 33g Carrot Sticks 8g Applesauce 14g Milk 14g/20g 19
Cook's Choice Entrée Cook's Choice Vegetables Cooks Choice Fruit Milk 14g/20g 22	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 17g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 23	Cook's Choice Entrée — Sack Lunch Cook's Choice Vegetables Cooks Choice Fruit Milk 14g/20g FIELD DAY 24	Cook's Choice Entrée Cook's Choice Vegetables Cooks Choice Fruit Milk 14g/20g LAST DAY OF SCHOOL 25	26

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

7th – 8th



2023

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Peach Cup 19g Apple Juice 14g Milk 14g/20g 1	I.W. Glazed Donut Hole 31g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 2	I.W. Blueberry Bread Loaf 26g Apple Slices 14g Apple Juice 14g Milk 14g/20g 3	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 4	I.W. NutriGrain Bar 30g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 5
Trix Cereal 24g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 8	I.W. Donut 23g Banana 27g Apple Juice 14g Milk 14g/20g 9	I.W. Cinnamon Roll 38g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 10	I.W. Banana Bread Loaf 27g Apple Slices 14g Apple Juice 14g Milk 14g/20g 11	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 12
Crunchmania 37g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 15	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 16	I.W. Glazed Donut Hole 31g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 17	Cinnamon Toast Crunch Cereal 22g Peach Cup 19g Orange Juice 14g Milk 14g/20g 18	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 19
Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 22	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 23	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g FIELD DAY 24	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g LAST DAY OF SCHOOL 25	 26

ST. HELEN

7th – 8th



2023

\$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on Bun 33g or Grilled Cheese Sandwich 31g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 1	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Carrot Sticks 8g Applesauce 14g Milk 14g/20g 2	3 Cheese Quesadilla Wedges 31g or Pulled Pork on Bun 24g Baked Beans 33g Broccoli Florets 8g Grapes 15g Milk 14g/20g 3	Tangerine Chicken w/Brown Rice 59g or Calzone Italian Beef Pepperoni 32g Steamed Broccoli 5g Dragon Punch 13g Pineapples 14g Milk 14g/20g 4	2 Bosco Cheese Sticks 34g or Meatball Sub 28g Carrot Coins 12g Tossed Salad 2g Sidekick Fruit Cup 23g Milk 14g/20g 5
French Toast 34g w/Sausage Links 1g or Lasagna Rollup 29g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g 8	Chicken Nuggets 16g w/Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g 9	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 38g Refried Beans 16g Tossed Salad 2g Mandarin Oranges 14g Milk 14g/20g 10	Grilled Cheese Sandwich 31g or Mini Corn Dogs 33g Tomato Soup 20g Sliced Cucumbers 2g Strawberry Cup 22g Milk 14g/20g 11	Stuffed Crust Pizza 36g or Beef Rib-B-Que 24g Mixed Vegetables 12g Grape Tomatoes 3g Grapes 15g Milk 14g/20g 12
Calzone Italian Beef Pepperoni 32g or Meatball Sub 28g Carrot Coins 12g Tossed Salad 2g Banana 27g Milk 14g/20g 15	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Sliced Cucumbers 2g Pineapples 14g Milk 14g/20g 16	Chicken Pattie on Bun 38g or 2 Bosco Cheese Sticks 34g Corn 16g Broccoli Florets 6g Grapes 27g Milk 14g/20g 17	3 Cheese Quesadilla Wedges 31g or Spicy Chicken Pattie 38g Green Beans 4g Grape Tomatoes 3g Sidekick Fruit Cup 23g Milk 14g/20g 18	Beef Hotdog on Bun 26g or Pulled Pork on Bun 24g Baked Beans 33g Carrot Sticks 8g Applesauce 14g Milk 14g/20g 19
Cook's Choice Entrée Cook's Choice 2 nd Entrée Cook's Choice Vegetables Cooks Choice Fruit Milk 14g/20g 22	Chicken Nuggets 16g w/Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 23	Cook's Choice Entrée — Sack Lunch Cook's Choice Vegetables Cooks Choice Fruit Milk 14g/20g FIELD DAY 24	Cook's Choice Entrée Cook's Choice 2 nd Entrée Cook's Choice Vegetables Cooks Choice Fruit Milk 14g/20g LAST DAY OF SCHOOL 25	 26

Un crustable – 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)