ST. HELEN
PreK - 6th

2023

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g **6**	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g **7**	I.W. Glazed Donut Hole 31g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g **8**	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Grapes 15g Orange Juice 14g Milk 14g/20g **9**	**NO SCHOOL** **10**
Crunchmania 37g Mozzarella Cheese String 1g Fruit Mix Cup 19g Orange Juice 14g Milk 14g/20g **13**	I.W. Cinnamon Roll 38g Banana 27g Apple Juice 14g Milk 14g/20g **14**	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g **15**	I.W. Donut 23g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g **16**	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g **17**
I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g **20**	I.W. Glazed Donut Hole 31g Banana 27g Orange Juice 14g Milk 14g/20g **21**	Golden Graham Cereal 24g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g **22**	I.W. Banana Bread Loaf 27g Apple Slices 14g Orange Juice 14g Milk 14g/20g **23**	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g **24**
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g **27**	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g **28**	I.W. Cinnamon Roll 38g Fruit Mix Cup 19g Orange Juice 14g Milk 14g/20g **29**	Crunchmania 37g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g **30**	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g **31**

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ST. HELEN
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2023
$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheesy Breadsticks 30g Mixed Vegetables 12g Carrot Sticks 8g Grapes 27g Milk 14g/20g **6**	Chicken Tenders 16g w/Roll 16g Tater Tots 16g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g **7**	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Banana 27g Milk 14g/20g **8**	French Toast 34g w/Sausage Links 1g Corn 16g Grape Tomatoes 3g Mandarin Oranges 14g Milk 14g/20g **9**	**NO SCHOOL** **10**
Cheeseburger on Bun 23g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g **13**	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 17g Tossed Salad 2g Pineapples 14g Milk 14g/20g **14**	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g **15**	3 Cheese Quesadilla Wedges 31g Baked Beans 33g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g **16**	Pizza Cheese 22g Carrot Coins 12g Grape Tomatoes 3g Sidekick Fruit Cup 23g Milk 14g/20g **17**
Chicken Pattie on Bun 38g Mixed Vegetables 12g Broccoli Florets 6g Mandarin Oranges 14g Milk 14g/20g **20**	Chicken Tenders 16g Tater Tots 16g Carrot Sticks 8g Applesauce 14g Milk 14g/20g **21**	Calzone Italian Beef Pepperoni 32g Corn 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g **22**	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Grapes 27g Milk 14g/20g **23**	Grilled Cheese Sandwich 31g Tomato Soup 20g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g **24**
French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g **27**	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Strawberry Cup 22g Milk 14g/20g **28**	3 Cheese Quesadilla Wedges 31g Baked Beans 33g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g **29**	Cheeseburger on Bun 23g Green Beans 4g Broccoli Florets 6g Sidekick Fruit Cup 23g Milk 14g/20g **30**	2 Cheesy Breadsticks 30g Carrot Coins 12g Tossed Salad 2g Pineapples 14g Milk 14g/20g **31**

Uncrustable – 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)

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ST. HELEN
7th – 8th

2023

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g **6**	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g **7**	I.W. Glazed Donut Hole 31g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g **8**	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Grapes 15g Orange Juice 14g Milk 14g/20g **9**	**NO SCHOOL** **10**
Crunchmania 37g Mozzarella Cheese String 1g Fruit Mix Cup 19g Orange Juice 14g Milk 14g/20g **13**	I.W. Cinnamon Roll 38g Banana 27g Apple Juice 14g Milk 14g/20g **14**	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g **15**	I.W. Donut 23g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g **16**	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g **17**
I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g **20**	I.W. Glazed Donut Hole 31g Banana 27g Orange Juice 14g Milk 14g/20g **21**	Golden Graham Cereal 24g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g **22**	I.W. Banana Bread Loaf 27g Apple Slices 14g Orange Juice 14g Milk 14g/20g **23**	I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g **24**
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g **27**	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g **28**	I.W. Cinnamon Roll 38g Fruit Mix Cup 19g Orange Juice 14g Milk 14g/20g **29**	Crunchmania 37g Mozzarella Cheese String 1g Grapes 15g Apple Juice 14g Milk 14g/20g **30**	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g **31**

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7th – 8th

2023
$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bosco Cheese Sticks 34g or Beef Rib-B-Que on Bun 24g Mixed Vegetables 12g Carrot Sticks 8g Grapes 27g Milk 14g/20g **6**	Chicken Tenders 16g w/Roll 16g or Corn Dog 30g Tater Tots 16g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g **7**	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Banana 27g Milk 14g/20g **8**	French Toast 34g w/Sausage Links 1g or Meatball Sub 28g Corn 16g Grape Tomatoes 3g Mandarin Oranges 14g Milk 14g/20g **9**	**NO SCHOOL** **10**
Cheeseburger on Bun 23g or Grilled Cheese Sandwich 31g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g **13**	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Tossed Salad 2g Pineapples 14g Milk 14g/20g **14**	Tangerine Chicken w/Brown Rice 59g or Spicy Chicken Pattie on Bun 38g Steamed Broccoli 5g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g **15**	3 Cheese Quesadilla Wedges 31g or Pulled Pork on Bun 24g Baked Beans 33g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g **16**	Stuffed Crust Pizza 36g or 2 Bosco Cheese Sticks 34g Carrot Coins 12g Grape Tomatoes 3g Sidekick Fruit Cup 23g Milk 14g/20g **17**
Chicken Pattie on Bun 38g or Meatball Sub 28g Mixed Vegetables 12g Broccoli Florets 6g Mandarin Oranges 14g Milk 14g/20g **20**	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Carrot Sticks 8g Applesauce 14g Milk 14g/20g **21**	Calzone Italian Beef Pepperoni 32g or Beef Rib-B-Que on Bun 24g Corn 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g **22**	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Grapes 27g Milk 14g/20g **23**	Grilled Cheese Sandwich 31g or 3 Cheese Quesadilla Wedges 31g Tomato Soup 20g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g **24**
French Toast 34g w/Sausage Links 1g or Calzone Italian Beef Pepperoni 32g Corn 16g Carrot Sticks 8g Banana 27g Milk 14g/20g **27**	Chicken Nuggets 16g w/Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Strawberry Cup 22g Milk 14g/20g **28**	3 Cheese Quesadilla Wedges 31g or Pulled Pork on Bun 24g Baked Beans 33g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g **29**	Cheeseburger on Bun 23g or Beef Hotdog on Bun 21g Green Beans 4g Broccoli Florets 6g Sidekick Fruit Cup 23g Milk 14g/20g **30**	2 Bosco Cheese Sticks 34g or Stuffed Crust Pizza 36g Carrot Coins 12g Tossed Salad 2g Pineapples 14g Milk 14g/20g **31**

Uncrustable – 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)

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