

ST. HELEN

PreK - 6th



2022

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunch Mania 37g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 3	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 4	I.W. Donut 23g Peach Cup 19g Apple Juice 14g Milk 14g/20g 5	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 6	Trix Cereal 24g Pear Cup 19g Apple Juice 14g Milk 14g/20g 7
Cinnamon Toast Crunch Cereal 22g Peach Cup 19g Orange Juice 14g Milk 14g/20g 10	I.W. Chocolate Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 11	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 12	I.W. Cinnamon Roll 38g Pear Cup 19g Apple Juice 14g Milk 14g/20g 13	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 14
I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 17	Lucky Charms Cereal 23g Banana 27g Orange Juice 14g Milk 14g/20g 18	Crunch Mania 37g Pear Cup 19g Apple Juice 14g Milk 14g/20g 19	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 20	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Peach Cup 19g Apple Juice 14g Milk 14g/20g 21
I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 24	I.W. Cinnamon Roll 38g Banana 27g Apple Juice 14g Milk 14g/20g 25	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 26	Cinnamon Toast Crunch Cereal 22g Pear Cup 19g Apple Juice 14g Milk 14g/20g 27	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 28
I.W. Donut 23g Peach Cup 19g Apple Juice 14g Milk 14g/20g 31	I.W. Blueberry Muffin 30g Banana 27g Orange Juice 14g Milk 14g/20g 1	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 2	Crunch Mania 37g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 3	Lucky Charms Cereal 23g Pear Cup 19g Apple Juice 14g Milk 14g/20g 4

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2022

\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Cheeseburger Sliders 30g Baked Beans 36g Broccoli Florets 6g Banana 27g Milk 14g/20g 3	Pizza Cheese 22g or Pepperoni 22g Corn 16g Tossed Salad 2g Pear Cup 19g Milk 14g/20g 4	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 5	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 6	2 Cheesy Breadsticks 30g Carrot Coins 12g Celery Sticks 2g Applesauce Cup 14g Milk 14g/20g 7
Calzone 32g Mixed Vegetables 12g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 10	Chicken Tenders 16g w/Dinner Roll 16g Green Beans 4g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 11	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Banana 27g Milk 14g/20g 12	French Toast 34g w/Sausage Links 1g Corn 16g Grape Tomatoes 3g Peach Cup 19g Milk 14g/20g 13	Cheeseburger on Bun 23g Tater Tots 16g Sliced Cucumbers 2g Sidekick Fruit Cup 22g Milk 14g/20g 14
2 Cheesy Breadsticks 30g Carrot Coins 12g Tossed Salad 2g Banana 27g Milk 14g/20g 17	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Celery Sticks 2g Applesauce Cup 14g Milk 14g/20g 18	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 19	Mini Cheeseburger Sliders 30g Baked Beans 36g Sliced Cucumbers 2g Pineapples 14g Milk 14g/20g 20	Chicken Pattie on Bun 38g Mixed Vegetables 12g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 21
French Toast 34g w/Sausage Links 1g Corn 16g Dragon Punch 13g Peach Cup 19g Milk 14g/20g 24	Chicken Tenders 16g w/Tater Tots 16g Broccoli Florets 6g Sidekick Fruit Cup 22g Sugar Cookie 18g Milk 14g/20g 25	Calzone 32g Green Beans 4g Carrot Sticks 8g Banana 27g Milk 14g/20g 26	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 27	Pizza Cheese 22g or Pepperoni 22g Carrot Coins 12g Celery Sticks 2g Pear Cup 19g Milk 14g/20g 28
Chicken Pattie on Bun 38g Mixed Vegetables 12g Carrot Sticks 8g Banana 27g Milk 14g/20g 31	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Mandarin Oranges 20g Milk 14g/20g 1	2 Cheesy Breadsticks 30g Carrot Coins 12g Tossed Salad 2g Pineapples 14g Milk 14g/20g 2	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Apple Slices 14g Milk 14g/20g 3	Mini Cheeseburger Sliders 30g Baked Beans 36g Sliced Cucumbers 2g Sidekick Fruit Cup 22g Milk 14g/20g 4

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)

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7th – 8th



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crunch Mania 37g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 3	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 4	I.W. Donut 23g Peach Cup 19g Apple Juice 14g Milk 14g/20g 5	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 6	Trix Cereal 24g Pear Cup 19g Apple Juice 14g Milk 14g/20g 7
Cinnamon Toast Crunch Cereal 22g Peach Cup 19g Orange Juice 14g Milk 14g/20g 10	I.W. Chocolate Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 11	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 12	I.W. Cinnamon Roll 38g Pear Cup 19g Apple Juice 14g Milk 14g/20g 13	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 14
I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 17	Lucky Charms Cereal 23g Banana 27g Orange Juice 14g Milk 14g/20g 18	Crunch Mania 37g Pear Cup 19g Apple Juice 14g Milk 14g/20g 19	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 20	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Peach Cup 19g Apple Juice 14g Milk 14g/20g 21
I.W. Trix Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 24	I.W. Cinnamon Roll 38g Banana 27g Apple Juice 14g Milk 14g/20g 25	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 26	Cinnamon Toast Crunch Cereal 22g Pear Cup 19g Apple Juice 14g Milk 14g/20g 27	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 28
I.W. Donut 23g Peach Cup 19g Apple Juice 14g Milk 14g/20g 31	I.W. Blueberry Muffin 30g Banana 27g Orange Juice 14g Milk 14g/20g 1	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 2	Crunch Mania 37g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 3	Lucky Charms Cereal 23g Pear Cup 19g Apple Juice 14g Milk 14g/20g 4

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Cheeseburger Sliders 30g or Beef Hotdog on Bun 21g Baked Beans 36g Broccoli Florets 6g Banana 27g Milk 14g/20g 3	Stuffed Crust Pizza 36g or Meatball Sub 28g Corn 16g Tossed Salad 2g Pear Cup 19g Milk 14g/20g 4	Chicken Nuggets 16g w/Dinner Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 5	Tangerine Chicken w/Brown Rice 59g or Mini Corn Dogs 33g Steamed Broccoli 5g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 6	2 Bosco Cheese Sticks 34g or Grilled Cheese Sandwich 31g Carrot Coins 12g Celery Sticks 2g Applesauce Cup 14g Milk 14g/20g 7
Calzone 32g or Lasagna Rollup 29g Mixed Vegetables 12g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 10	Chicken Tenders 16g w/Dinner Roll 16g or Corn Dog 30g Green Beans 4g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 11	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Banana 27g Milk 14g/20g 12	French Toast 34g w/Sausage Links 1g or 2 Bosco Cheese Sticks 34g Corn 16g Grape Tomatoes 3g Peach Cup 19g Milk 14g/20g 13	Cheeseburger on Bun 23g or Beef Rib-B-Que on Bun 24g Tater Tots 16g Sliced Cucumbers 2g Sidekick Fruit Cup 22g Milk 14g/20g 14
2 Bosco Cheese Sticks 34g or Lasagna Rollup 29g Carrot Coins 12g Tossed Salad 2g Banana 27g Milk 14g/20g 17	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Celery Sticks 2g Applesauce Cup 14g Milk 14g/20g 18	Tangerine Chicken w/Brown Rice 59g or Grilled Cheese Sandwich 31g Steamed Broccoli 5g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 19	Mini Cheeseburger Sliders 30g or Pulled Pork on Bun 24g Baked Beans 36g Sliced Cucumbers 2g Pineapples 14g Milk 14g/20g 20	Chicken Pattie on Bun 38g or Mini Corn Dogs 33g Mixed Vegetables 12g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 21
French Toast 34g w/Sausage Links 1g or Calzone 32g Corn 16g Dragon Punch 13g Peach Cup 19g Milk 14g/20g 24	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Celery Sticks 2g Sidekick Fruit Cup 22g Sugar Cookie 18g Milk 14g/20g 25	Calzone 32g or Beef Rib-B-Que on Bun 24g Green Beans 4g Carrot Sticks 8g Banana 27g Milk 14g/20g 26	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 27	Stuffed Crust Pizza 36g or Meatball Sub 28g Carrot Coins 12g Celery Sticks 2g Pear Cup 19g Milk 14g/20g 28
Chicken Pattie on Bun 38g or Beef Rib-B-Que on Bun 24g Mixed Vegetables 12g Carrot Sticks 8g Banana 27g Milk 14g/20g 31	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Mandarin Oranges 20g Milk 14g/20g 1	2 Bosco Cheese Sticks 34g or Meatball Sub 28g Carrot Coins 12g Tossed Salad 2g Pineapples 14g Milk 14g/20g 2	Tangerine Chicken w/Brown Rice 59g or Cheeseburger on Bun 23g Steamed Broccoli 5g Dragon Punch 13g Apple Slices 14g Milk 14g/20g 3	Mini Cheeseburger Sliders 30g or Beef Rib-B-Que on Bun 24g Baked Beans 36g Sliced Cucumbers 2g Sidekick Fruit Cup 22g Milk 14g/20g 4

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)

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