

ST. HELEN

PreK - 6th



2023

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Blueberry Muffin 30g Peach Cup 19g Apple Juice 14g Milk 14g/20g 6	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 7	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 8	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 9	Crunchmania 37g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 10
I.W. Cinnamon Roll 38g Pear Cup 19g Orange Juice 14g Milk 14g/20g 13	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 14	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 15	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 16	I.W. NutriGrain Bar 30g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 17
PRESIDENTS' DAY NO SCHOOL 20	I.W. Donut 23g Banana 27g Orange Juice 14g Milk 14g/20g 21	I.W. Cocoa Puff Cereal Bar 30g Mozzarella Cheese String 1g Fruit Mix Cup 19g Apple Juice 14g Milk 14g/20g 22	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 23	Golden Graham Cereal 24g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 24
Crunchmania 37g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 27	I.W. Chocolate Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 28	I.W. Cinnamon Roll 38g Pear Cup 19g Orange Juice 14g Milk 14g/20g 1	Lucky Charms Cereal 23g Grapes 15g Apple Juice 14g Milk 14g/20g 2	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 3

ST. HELEN

PreK - 6th



2023

\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast 34g w/Sausage Links 1g Corn 16g Dragon Punch 13g Banana 27g Milk 14g/20g 6	Chicken Tenders 16g Tater Tots 16g Broccoli Florets 6g Mandarin Oranges 14g Milk 14g/20g 7	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Strawberry Cup 22g Milk 14g/20g 8	Chicken Pattie on Bun 38g Mixed Vegetables 12g Sliced Cucumbers 2g Applesauce 14g Milk 14g/20g 9	Calzone Italian Beef Pepperoni 32g Green Beans 4g Carrot Sticks 8g Grapes 27g Milk 14g/20g 10
3 Totally Taco Wedges 30g Baked Beans 33g Carrot Sticks 8g Peaches 14g Milk 14g/20g 13	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Tossed Salad 2g Banana 27g Milk 14g/20g 14	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Pineapples 14g Milk 14g/20g 15	Pizza Cheese 22g Corn 16g Grape Tomatoes 3g Pears 19g Milk 14g/20g 16	Cheeseburger on Bun 23g Carrot Coins 12g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g 17
PRESIDENTS' DAY NO SCHOOL 20	Chicken Tenders 16g w/Roll 16g Tater Tots 16g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 21	Grilled Cheese Sandwich 31g Tomato Soup 20g Broccoli Florets 6g Applesauce 14g Milk 14g/20g 22	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Mandarin Oranges 14g Milk 14g/20g 23	2 Cheesy Breadsticks 30g Corn 16g Grape Tomatoes 3g Grapes 27g Milk 14g/20g 24
Cheeseburger on Bun 23g Baked Beans 33g Broccoli Florets 6g Banana 27g Milk 14g/20g 27	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 28	Calzone Italian Beef Pepperoni 32g Carrot Coins 12g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 1	French Toast 34g w/Sausage Links 1g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 2	Pizza Cheese 22g Green Beans 4g Tossed Salad 2g Pears 19g Milk 14g/20g 3

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. Blueberry Muffin 30g Peach Cup 19g Apple Juice 14g Milk 14g/20g 6	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 7	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 8	I.W. Donut 23g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 9	Crunchmania 37g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 10
I.W. Cinnamon Roll 38g Pear Cup 19g Orange Juice 14g Milk 14g/20g 13	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 14	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 15	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 16	I.W. NutriGrain Bar 30g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 17
PRESIDENTS' DAY NO SCHOOL 20	I.W. Donut 23g Banana 27g Orange Juice 14g Milk 14g/20g 21	I.W. Cocoa Puff Cereal Bar 30g Mozzarella Cheese String 1g Fruit Mix Cup 19g Apple Juice 14g Milk 14g/20g 22	I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 23	Golden Graham Cereal 24g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 24
Crunchmania 37g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 27	I.W. Chocolate Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 28	I.W. Cinnamon Roll 38g Pear Cup 19g Orange Juice 14g Milk 14g/20g 1	Lucky Charms Cereal 23g Grapes 15g Apple Juice 14g Milk 14g/20g 2	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 3

ST. HELEN

7th – 8th



2023

\$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast 34g w/Sausage Links 1g or Meatball Sub 28g Corn 16g Dragon Punch 13g Banana 27g Milk 14g/20g 6	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Broccoli Florets 6g Mandarin Oranges 14g Milk 14g/20g 7	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Strawberry Cup 22g Milk 14g/20g 8	Chicken Pattie on Bun 38g or Stuffed Crust Pizza 36g Mixed Vegetables 12g Sliced Cucumbers 2g Applesauce 14g Milk 14g/20g 9	Calzone Italian Beef Pepperoni 32g or Beef Rib-B-Que on Bun 24g Green Beans 4g Carrot Sticks 8g Grapes 27g Milk 14g/20g 10
Totally Taco Wedges 30g or Pulled Pork on Bun 24g Baked Beans 33g Carrot Sticks 8g Banana 27g Milk 14g/20g 13	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Tossed Salad 2g Peaches 14g Milk 14g/20g 14	Tangerine Chicken w/Brown Rice 59g or Lasagna Rollup 29g Steamed Broccoli 5g Dragon Punch 13g Pineapples 14g Milk 14g/20g 15	Stuffed Crust Pizza 36g or Spicy Chicken Pattie on Bun 38g Corn 16g Grape Tomatoes 3g Pears 19g Milk 14g/20g 16	Cheeseburger on Bun 23g or Beef Hotdog on Bun 21g Carrot Coins 12g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g 17
PRESIDENTS' DAY NO SCHOOL 20	Chicken Tenders 16g w/Dinner Roll 16g or Corn Dog 30g Tater Tots 16g Sliced Cucumbers 2g Applesauce 14g Milk 14g/20g 21	Grilled Cheese Sandwich 31g or Stuffed Crust Pizza 36g Tomato Soup 20g Broccoli Florets 6g 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	2 Bosco Cheese Sticks 34g or Meatball Sub 28g Corn 16g Grape Tomatoes 3g Mandarin Oranges 14g Milk 14g/20g 24
Cheeseburger on Bun 23g or Beef Hotdog on Bun 21g Baked Beans 33g Broccoli Florets 6g Banana 27g Milk 14g/20g 27	Chicken Nuggets 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 28	Calzone Italian Beef Pepperoni 32g or Pulled Pork on Bun 24g Carrot Coins 12g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 1	French Toast 34g w/Sausage Links 1g or Lasagna Rollup 29g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 2	Stuffed Crust Pizza 36g or Mini Corn Dogs 33g Green Beans 4g Tossed Salad 2g Pears 19g Milk 14g/20g 3

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)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER