


# ST. HELEN

## PreK-6<sup>th</sup>



# 2022

### Breakfast Served At No Cost

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>LABOR DAY</b> <b>No School!</b></p> <p style="text-align: right;"><b>5</b></p>	<p>I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>6</b></p>	<p>Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>7</b></p>	<p>I.W. Strawberry Pop Tart 36g Banana 27g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>8</b></p>	<p>I.W. Donut 23g Pineapple Tidbits 18g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>9</b></p>
<p>Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>12</b></p>	<p>I.W. Cinnamon Roll 38g Apple Slices 14g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>13</b></p>	<p>I.W. Chocolate Muffin 30g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>14</b></p>	<p>I.W. NutriGrain Bar 30g Applesauce Cup 14g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>15</b></p>	<p>Trix Cereal 24g Mozzarella Cheese String 1g Mandarin Orange 14g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>16</b></p>
<p>I.W. Donut 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>19</b></p>	<p>I.W. Cocoa Puffs Cereal Bar 30g Banana 27g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>20</b></p>	<p>I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>21</b></p>	<p>Cinnamon Toast Crunch Cereal 22g Pineapple Tidbits 18g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>22</b></p>	<p>I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>23</b></p>
<p>I.W. Cinnamon Roll 38g Peach Cup 19g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>26</b></p>	<p>I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Mandarin Orange 14g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>27</b></p>	<p>Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>28</b></p>	<p>I.W. Donut 23g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk</p> <p style="text-align: right;"><b>29</b></p>	<p>I.W. Chocolate Muffin 30g Apple Slices 14g Apple Juice 14g Milk</p> <p style="text-align: right;"><b>30</b></p>

Assorted Fruit\*

Applesauce - 14g  
Apple slices - 14g  
Banana - 27g Grapes – 15g  
Cantaloupe chunks - 27g (1/2c)

Mandarin oranges - 14g  
Mixed berries - 20g  
Orange slices - 10g  
Pineapple tidbits - 19g

Fresh Strawberries - 6g  
Peach Cup - 19g  
Pears - 19g  
Strawberry cup - 22g

Milk\*\*

Chocolate - 20g  
Strawberry - 19g  
White - 13g  
String Cheese - 1g

Sauces\*\*\*

BBQ - 10g  
Ketchup - 2g  
Lite Mayonnaise - 1g  
Mustard - 0g

Taco Sauce – 1g  
Ranch – 2g

Fruit Juice\*\*\*\*

Apple - 14g  
Grape - 18g  
Orange - 12g  
Fruit punch - 14g

Un crustables

Smuckers - 32g  
Other - 35g  
Graham crackers - 18g

Cookies


Sugar - 20g

**ST. HELEN**  
**\$2.25**



**2022**  
**PreK-6<sup>th</sup>**

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>No School!</b> <b>5</b>	2 Cheesy Breadsticks 30g Corn 16g Tossed Salad 2g Apple Slices 14g Milk <b>6</b>	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Banana 27g Milk <b>7</b>	Beef Hotdog on Bun 21g Baked Beans 36g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk <b>8</b>	Pizza Cheese 22g or Pepperoni 22g Carrot Coins 12g Dragon Punch 13g Applesauce Cup 14g Milk <b>9</b>
Cheeseburger on Bun 23g Tater Tots 16g Grape Tomatoes 3g Peach Cup 19g Milk <b>12</b>	Chicken Tenders 16g w/Dinner Roll 16g Mixed Vegetables 12g Sliced Cucumbers 2g Banana 27g Milk <b>13</b>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2 Sidekick Fruit Cup 22g Milk <b>14</b>	French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Apple Slices 14g Milk <b>15</b>	Mini Corn Dogs 33g Green Beans 4g Broccoli Florets 6g Pear Cup 19g Milk <b>16</b>
Pizza Cheese 22g or Pepperoni 22g Corn 16g Tossed Salad 2g Applesauce Cup 14g Milk <b>19</b>	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Pineapple Tidbits 19g Milk <b>20</b>	3 Totally Taco Wedges 30g Baked Beans 36g Carrot Sticks 8g Banana 27g Milk <b>21</b>	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Grape Tomatoes 3g Peach Cup 19g Milk <b>22</b>	2 Cheesy Breadsticks 30g Carrot Coins 12g Dragon Punch 13g Apple Slices 14g Milk <b>23</b>
Chicken Pattie on Bun 38g Mixed Vegetables 12g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk <b>26</b>	Chicken Tenders 16g Tater Tots 16g Celery Sticks 2g Banana 27g Milk <b>27</b>	Mini Corn Dogs 33g Green Beans 4g Sliced Cucumbers 2g Applesauce Cup 14g Milk <b>28</b>	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Pear Cup 19g Milk <b>29</b>	French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Pineapple Tidbits 19g Milk <b>30</b>

Assorted Fruit\*

Applesauce - 14g  
 Apple slices - 14g  
 Banana - 27g Grapes - 15g  
 Cantaloupe chunks - 27g (1/2c)

Mandarin oranges - 14g  
 Mixed berries - 20g  
 Orange slices - 10g  
 Pineapple tidbits - 19g

Fresh Strawberries - 6g  
 Peach Cup - 19g  
 Pears - 19g  
 Strawberry cup - 22g

Milk\*\*

Chocolate - 20g  
 Strawberry - 19g  
 White - 13g  
 String Cheese - 1g

Sauces\*\*\*

BBQ - 10g  
 Ketchup - 2g  
 Lite Mayonnaise - 1g  
 Mustard - 0g

Taco Sauce - 1g  
 Ranch - 2g  
 Marinara - 3g

Fruit Juice\*\*\*\*

Apple - 14g  
 Grape - 18g  
 Orange - 12g  
 Fruit punch - 14g

Unrustables

Smuckers - 32g  
 Other - 35g  
 Graham crackers - 18g

Cookies

Sugar - 20g

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**


# ST. HELEN

## 7<sup>th</sup> – 8<sup>th</sup>



# 2022

### Breakfast Served At No Cost

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>LABOR DAY</b> <b>No School!</b></p> <p>5</p>	<p>I.W. Blueberry Muffin 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk</p> <p>6</p>	<p>Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk</p> <p>7</p>	<p>I.W. Strawberry Pop Tart 36g Banana 27g Apple Juice 14g Milk</p> <p>8</p>	<p>I.W. Donut 23g Pineapple Tidbits 18g Orange Juice 14g Milk</p> <p>9</p>
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Fresh Strawberries - 6g  
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Pears - 19g  
Strawberry cup - 22g

Milk\*\*

Chocolate - 20g  
Strawberry - 19g  
White - 13g  
String Cheese - 1g

Sauces\*\*\*

BBQ - 10g  
Ketchup - 2g  
Lite Mayonnaise - 1g  
Mustard - 0g

Fruit Juice\*\*\*\*

Apple - 14g  
Grape - 18g  
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Uncrustables

Smuckers - 32g  
Other - 35g  
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Cookies

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# ST. HELEN


## \$2.35



# 2022

## 7<sup>th</sup> – 8<sup>th</sup>

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>LABOR DAY</b> <b>No School!</b></p> <p>5</p>	<p>2 Bosco Cheese Sticks 34g or Meatball Sub 28g Corn 16g Tossed Salad 2g Apple Slices 14g Milk</p> <p>6</p>	<p>Chicken Nuggets 16g w/Dinner Roll 16g or Corn Dog 30g Mashed Potatoes &amp; Gravy 17g Broccoli Florets 6g Banana 27g Milk</p> <p>7</p>	<p>Beef Hotdog on Bun 21g or Pulled Pork on Bun 37g Baked Beans 36g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk</p> <p>8</p>	<p>Stuffed Crust Pizza 36g or Calzone 32g Carrot Coins 12g Dragon Punch 13g Applesauce Cup 14g Milk</p> <p>9</p>
<p>Cheeseburger on Bun 23g or Beef Rib-B-Que on Bun 24g Tater Tots 16g Grape Tomatoes 3g Peach Cup 19g Milk</p> <p>12</p>	<p>Chicken Tenders 16g w/Dinner Roll 16g or Corn Dog 30g Mixed Vegetables 12g Sliced Cucumbers 2g Banana 27g Milk</p> <p>34</p>	<p>Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Sidekick Fruit Cup 22g Milk</p> <p>14</p>	<p>French Toast 34g w/Sausage Links 1g or Calzone 32g Corn 16g Carrot Sticks 8g Apple Slices 14g Milk</p> <p>15</p>	<p>Mini Corn Dogs 33g or Spicy Chicken Pattie on Bun 38g Green Beans 4g Broccoli Florets 6g Pear Cup 19g Milk</p> <p>16</p>
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