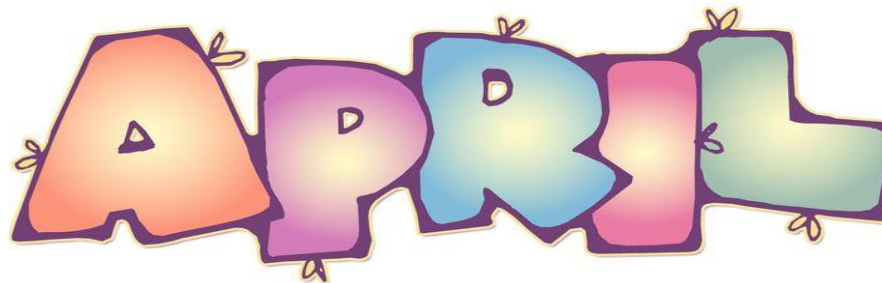


ST. HELEN

PreK - 6th



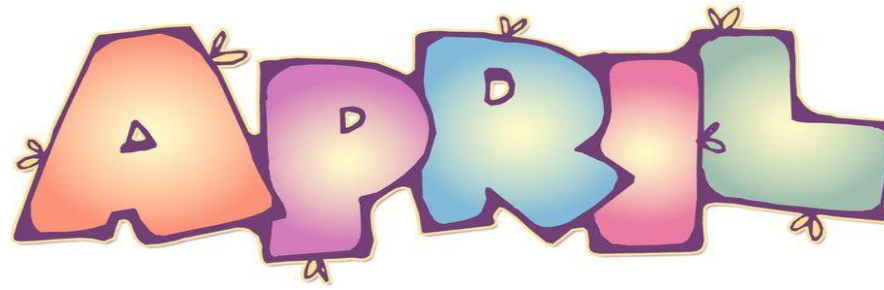
2023

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Apple Slices 14g Apple Juice 14g Milk 14g/20g 3	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 4	I.W. Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 5	I.W. Strawberry Pop Tart 36g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 6	NO SCHOOL EASTER BREAK 7
NO SCHOOL EASTER BREAK 10	NO SCHOOL EASTER BREAK 11	NO SCHOOL EASTER BREAK 12	NO SCHOOL EASTER BREAK 13	NO SCHOOL EASTER BREAK 14
I.W. Glazed Donut Hole 31g Peach Cup 19g Apple Juice 14g Milk 14g/20g 17	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 18	I.W. Cinnamon Roll 38g Grapes 15g Apple Juice 14g Milk 14g/20g 19	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 20	I.W. Blueberry Bread Loaf 26g Pear Cup 19g Apple Juice 14g Milk 14g/20g 21
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 24	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 25	Crunchmania 37g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 26	I.W. Blueberry Muffin 30g Grapes 15g Apple Juice 14g Milk 14g/20g 27	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 28

ST. HELEN

PreK - 6th



2023

\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Cheese 22g Corn 16g Carrot Sticks 8g Mandarin Oranges 14g Milk 14g/20g 3	Chicken Tenders 16g Tater Tots 16g Broccoli Florets 6g Banana 27g Milk 14g/20g 4	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Sidekick Fruit Cup 23g Milk 14g/20g 5	Chicken Pattie on Bun 38g Mixed Vegetables 12g Sliced Cucumbers 2g Grapes 27g Milk 14g/20g 6	NO SCHOOL EASTER BREAK 7
NO SCHOOL EASTER BREAK 10	NO SCHOOL EASTER BREAK 11	NO SCHOOL EASTER BREAK 12	NO SCHOOL EASTER BREAK 13	NO SCHOOL EASTER BREAK 14
Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Dragon Punch 13g Apple Slices 14g Milk 14g/20g 17	Chicken Tenders 16g Tater Tots 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g 18	2 Cheesy Breadsticks 30g Carrot Coins 12g Tossed Salad 2g Applesauce 14g Milk 14g/20g 19	3 Cheese Quesadilla Wedges 31g Green Beans 4g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 20	Cheeseburger on Bun 33g Baked Beans 33g Broccoli Florets 6g Pineapples 14g Milk 14g/20g 21
Beef Hotdog on Bun 26g Mixed Vegetables 12g Grape Tomatoes 3g Banana 27g Milk 14g/20g 24	Chicken Nuggets 16g w/Roll 16g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Mandarin Oranges 14g Milk 14g/20g 25	French Toast 34g w/Sausage Links 1g Corn 16g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 26	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 2g Sidekick Fruit Cup 23g Milk 14g/20g 27	Calzone Italian Beef Pepperoni 32g Carrot Coins 12g Dragon Punch 13g Grapes 27g Milk 14g/20g 28

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



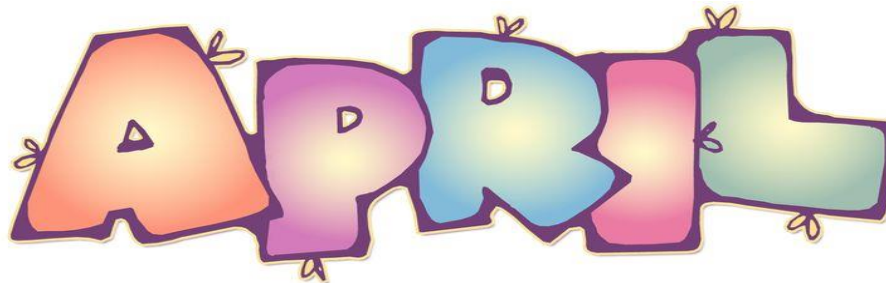
2023

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 30g Apple Slices 14g Apple Juice 14g Milk 14g/20g 3	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 4	I.W. Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 5	I.W. Strawberry Pop Tart 36g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 6	NO SCHOOL EASTER BREAK 7
NO SCHOOL EASTER BREAK 10	NO SCHOOL EASTER BREAK 11	NO SCHOOL EASTER BREAK 12	NO SCHOOL EASTER BREAK 13	NO SCHOOL EASTER BREAK 14
I.W. Glazed Donut Hole 31g Peach Cup 19g Apple Juice 14g Milk 14g/20g 17	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 18	I.W. Cinnamon Roll 38g Grapes 15g Apple Juice 14g Milk 14g/20g 19	I.W. NutriGrain Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 20	I.W. Blueberry Bread Loaf 26g Pear Cup 19g Apple Juice 14g Milk 14g/20g 21
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 24	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 25	Crunchmania 37g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 26	I.W. Blueberry Muffin 30g Grapes 15g Apple Juice 14g Milk 14g/20g 27	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 28

ST. HELEN

7th – 8th



2023

\$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Crust Pizza 36g or Grilled Cheese Sandwich 31g Corn 16g Carrot Sticks 8g Mandarin Oranges 14g Milk 14g/20g 3	Chicken Nuggets 16g w/Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Banana 27g Milk 14g/20g 4	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Sidekick Fruit Cup 23g Milk 14g/20g 5	Chicken Pattie on Bun 38g or Lasagna Rollup 29g Mixed Vegetables 12g Sliced Cucumbers 2g Grapes 27g Milk 14g/20g 6	NO SCHOOL EASTER BREAK 7
NO SCHOOL EASTER BREAK 10	NO SCHOOL EASTER BREAK 11	NO SCHOOL EASTER BREAK 12	NO SCHOOL EASTER BREAK 13	NO SCHOOL EASTER BREAK 14
Tangerine Chicken w/Brown Rice 59g or Calzone Italian Beef Pepperoni 32g Steamed Broccoli 5g Celery Sticks 2g Banana 27g Milk 14g/20g 17	Chicken Tenders 16g or Corn Dog 30g Tater Tots 16g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 18	2 Bosco Cheese Sticks 34g or Meatball Sub 28g Carrot Coins 12g Tossed Salad 2g Applesauce 14g Milk 14g/20g 19	3 Cheese Quesadilla Wedges 31g or Mini Corn Dogs 33g Green Beans 4g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 20	Cheeseburger on Bun 23g or Pulled Pork on Bun 24g Baked Beans 33g Broccoli Florets 6g Pineapples 14g Milk 14g/20g 21
Beef Hot Dog on Bun 26g or Spicy Chicken Pattie on Bun 38g Mixed Vegetables 12g Broccoli Florets 6g Banana 27g Milk 14g/20g 24	Chicken Nuggets 16g w/Roll 16g or Corn Dog 30g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Mandarin Oranges 14g Milk 14g/20g 25	French Toast 34g w/Sausage Links 1g or Beef Rib-B-Que on Bun 24g Corn 16g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 26	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 2g Sidekick Fruit Cup 23g Milk 14g/20g 27	Calzone Italian Beef Pepperoni 32g or Lasagna Rollup 29g Carrot Coins 12g Grape Tomatoes 3g Grapes 27g Milk 14g/20g 28

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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