

ST. HELEN

PreK – 6th



2023

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Super Donut 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 4	I.W. Trix Cereal Bar 30g Banana 27g Apple Juice 14g Milk 14g/20g 5	I.W. Banana Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 6	I.W. Blueberry NutriGrain Bar 30g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 7	I.W. Crunch Mania 37g Peach Cup 19g Orange Juice 14g Milk 14g/20g 8
Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 11	I.W. Chocolate Muffin 30g Banana 27g Orange Juice 14g Milk 14g/20g 12	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 13	I.W. Glazed Donut Hole 31g Grapes 27g Orange Juice 14g Milk 14g/20g 14	I.W. Apple Cinnamon NutriGrain Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 15
I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 18	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 19	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 20	Trix Cereal 24g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 21	NO SCHOOL CHRISTMAS BREAK 22
NO SCHOOL CHRISTMAS BREAK 25	NO SCHOOL CHRISTMAS BREAK 26	NO SCHOOL CHRISTMAS BREAK 27	NO SCHOOL CHRISTMAS BREAK 28	NO SCHOOL CHRISTMAS BREAK 29
NO SCHOOL CHRISTMAS BREAK 1	NO SCHOOL CHRISTMAS BREAK 2	NO SCHOOL CHRISTMAS BREAK 3	NO SCHOOL CHRISTMAS BREAK 4	NO SCHOOL CHRISTMAS BREAK 5

ST. HELEN

PreK – 6th



2023
\$2.25

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Totally Taco Wedges 30g Baked Beans 36g Grape Tomatoes 3g Banana 27g Milk 14g/20g 4	Chicken Tenders 16g Tater Tots 16g Broccoli Florets 6g Peach Frozen Cup 19g Milk 14g/20g 5	French Toast 34g w/Sausage Links 1g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 6	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Pineapples 14g Milk 14g/20g 7	Calzone Italian Beef Pepperoni 32g Mixed Vegetables 12g Wango Mango 13g Pear Cup 19g Milk 14g/20g 8
Chicken Pattie on Bun 38g Carrot Coins 25g Sliced Cucumbers 2g Mixed Fruit 15g Milk 14g/20g 11	Chicken Nuggets 16g Mashed Potatoes & Gravy 17g Wango Mango 13g Strawberry Frozen Cup 22g Milk 14g/20g 12	Grilled Cheese Sandwich 31g Tomato Soup 20g Broccoli Florets 6g Banana 27g Milk 14g/20g 13	Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 14	Cheese Pizza 34g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 15
2 Cheesy Breadsticks 30g Corn 16g Tossed Salad 2g Banana 27g Milk 14g/20g 18	Chicken Tenders 16g w/Dinner Roll 16g Tater Tots 16g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 19	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 20	Beef Hotdog on Bun 21g Baked Beans 3g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 21	NO SCHOOL CHRISTMAS BREAK 22
NO SCHOOL CHRISTMAS BREAK 25	NO SCHOOL CHRISTMAS BREAK 26	NO SCHOOL CHRISTMAS BREAK 27	NO SCHOOL CHRISTMAS BREAK 28	NO SCHOOL CHRISTMAS BREAK 29
NO SCHOOL CHRISTMAS BREAK 1	NO SCHOOL CHRISTMAS BREAK 2	NO SCHOOL CHRISTMAS BREAK 3	NO SCHOOL CHRISTMAS BREAK 4	NO SCHOOL CHRISTMAS BREAK 5

Served Daily – Uncrustable Tray

Smuckers Grape Uncrustable (32g) Cheese String (0g) Goldfish Crackers (14g) Cheese String (0g) Graham Crackers (18g) Goldfish Graham (19g)
BBQ Sauce (10g) Taco Sauce (1g) Ketchup (2g) Ranch (2g) Lite Mayonnaise (2g) Mustard (0g) Marinara (4g) Syrup (4g)

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

ST. HELEN

7TH – 8TH



2023

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Super Donut 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 4	I.W. Trix Cereal Bar 30g Banana 27g Apple Juice 14g Milk 14g/20g 5	I.W. Banana Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 6	I.W. Blueberry NutriGrain Bar 30g Mozzarella Cheese String 1g Strawberry Cup 22g Apple Juice 14g Milk 14g/20g 7	I.W. Crunch Mania 37g Peach Cup 19g Orange Juice 14g Milk 14g/20g 8
Lucky Charms Cereal 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 11	I.W. Chocolate Muffin 30g Banana 27g Orange Juice 14g Milk 14g/20g 12	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 13	I.W. Glazed Donut Hole 31g Grapes 27g Orange Juice 14g Milk 14g/20g 14	I.W. Apple Cinnamon NutriGrain Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 15
I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 18	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 19	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 20	Trix Cereal 24g Mozzarella Cheese String 1g Strawberry Cup 22g Orange Juice 14g Milk 14g/20g 21	NO SCHOOL CHRISTMAS BREAK 22
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ST. HELEN
7TH – 8TH



2023
\$2.40

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3 Totally Taco Wedges 30g or Pulled Pork on Bun 45g Baked Beans 36g Grape Tomatoes 3g Banana 27g Milk 14g/20g 4	Chicken Tenders 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Broccoli Florets 6g Peach Frozen Cup 19g Milk 14g/20g 5	French Toast 34g w/Sausage Links 1g or 4 Glazed Chicken Wings 1g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 6	Tangerine Chicken w/Brown Rice 59g or Stuffed Crust Cheese Pizza 36g Steamed Broccoli 5g Carrot Sticks 8g Pineapples 14g Milk 14g/20g 7	Calzone Italian Beef Pepperoni 32g or Lasagna Rollup 29g Mixed Vegetables 12g Wango Mango 13g Pear Cup 19g Milk 14g/20g 8
Chicken Pattie on Bun 38g or Buffalo Chicken Pizza 24g Carrot Coins 25g Sliced Cucumbers 2g Mixed Fruit 15g Milk 14g/20g 11	Chicken Nuggets 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Wango Mango 13g Strawberry Frozen Cup 22g Milk 14g/20g 12	Grilled Cheese Sandwich 31g or Spicy Chicken Pattie 44g Tomato Soup 20g Broccoli Florets 6g Banana 27g Milk 14g/20g 13	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 14	Cheese Pizza 34g or Meatball Sub 50g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 15
2 Cheesy Breadsticks 30g or Beef Rib-B-Que on Bun 42g Corn 16g Tossed Salad 2g Banana 27g Milk 14g/20g 18	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 19	Tangerine Chicken w/Brown Rice 59g or Lasagna Rollup 29g Steamed Broccoli 5g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 20	Beef Hotdog on Bun 21g or 4 Glazed Chicken Wings 1g Baked Beans 3g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 21	NO SCHOOL CHRISTMAS BREAK 22
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