

ST. HELEN

PreK – 6th



2025

Breakfast Served at No Cost and Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| | | | NO BREAKFAST | NO BREAKFAST |
| | | | 21 | 22 |
| I.W. Super Donut 23g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 25 | Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 26 | Apple Frudel 36g Peach Cup 18g Apple Juice 14g Milk 14g/20g 27 | I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 28 | I.W. Banana Loaf 27g Pear Cup 19g Apple Juice 14g Milk 14g/20g 29 |

Lunch Served at No Cost and Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| | | | Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 21g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 21 | Cheese Pizza 22g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 22 |
| I.W. French Toast 37g w/Sausage Links 0g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 25 | Chicken Tenders 16g w/Dinner Roll 16g Mixed Vegetables 12g Grape Tomatoes 3g Mandarin Oranges 20g Milk 14g/20g 26 | Chicken Quesadilla 38g Pinto Beans 17g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 27 | Calzone Italian Beef Pepperoni 32g Corn 16g Wango Mango Juice 13g Sidekick Fruit Cup 22g Milk 14g/20g 28 | Beef Hotdog on Bun 26g Tater Tots 16g Broccoli Florets 6g Pineapples 20g Milk 14g/20g 29 |

Served Daily – Uncrustable Tray: Smucker's Grape Uncrustable (32g) Cheese String (0g) Goldfish Crackers (14g)
 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



2025

Breakfast Served at No Cost and Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | | NO BREAKFAST | NO BREAKFAST |
| | | | 21 | 22 |
| I.W. Super Donut 23g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 25 | Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 26 | Apple Frudel 36g Peach Cup 18g Apple Juice 14g Milk 14g/20g 27 | I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 28 | I.W. Banana Loaf 27g Pear Cup 19g Apple Juice 14g Milk 14g/20g 29 |

Lunch Served at No Cost and Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| | | | Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 21g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 21 | Stuffed Crust Cheese Pizza 36g or Spicy Chicken Pattie on Bun 44g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 22 |
| I.W. French Toast 37g w/Sausage Links 0g or Pulled Pork on Bun 45g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 25 | Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mixed Vegetables 12g Grape Tomatoes 3g Mandarin Oranges 20g Milk 14g/20g 26 | Chicken Quesadilla 38g or Four Cheese Pizza 29g Pinto Beans 17g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 27 | Calzone Italian Beef Pepperoni 32g or Spicy Chicken Pattie on Bun 44g Corn 16g Wango Mango Juice 13g Sidekick Fruit Cup 22g Milk 14g/20g 28 | Beef Hotdog on Bun 26g or Grilled Cheese Sandwich 31g Tater Tots 16g Broccoli Florets 6g Pineapples 20g Milk 14g/20g 29 |

Served Daily – Uncrustable Tray: Smucker's Grape Uncrustable (32g) Cheese String (0g) Goldfish Crackers (14g)
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