

ST. HELEN

PreK – 6TH



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 7	I.W. Goldfish French Toast 21g Trix Strawberry Banana Yogurt 22g Banana 27g Orange Juice 14g Milk 14g/20g 8	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 9	NO SCHOOL 10	NO SCHOOL 11
I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 14	I.W. Strawberry Pop Tart 36g Banana 27g Apple Juice 14g Milk 14g/20g 15	I.W. Cinnamon Roll 38g Pear Cup 19g Orange Juice 14g Milk 14g/20g 16	Trix Cereal 24g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 17	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g 18
I.W. Strawberry Mini Bagels 42g Pear Cup 19g Apple Juice 14g Milk 14g/20g 21	Golden Graham Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 22	I.W. Blueberry Bread Slice 45g Apple Slices 14g Apple Juice 14g Milk 14g/20g 23	I.W. Cinnamon Toast Crunch Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 24	I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 25
Lucky Charms Cereal 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 28	I.W. Apple Strudel 38g Banana 27g Apple Juice 14g Milk 14g/20g 29	I.W. Goldfish French Toast 21g Trix Strawberry Banana Yogurt 22g Pear Cup 19g Orange Juice 14g Milk 14g/20g 30	I.W. Banana Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 31	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 1

ST. HELEN

PreK – 6TH



2024

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on Bun 33g Tater Tots 16g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 7	Chicken Tenders 16g w/Dinner Roll 16g Green Beans 7g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 8	Tangerine Chicken w/Brown Rice 50g Steamed Broccoli 5g Wango Mango 13g Banana 27g Milk 14g/20g 9	NO SCHOOL 10	NO SCHOOL 11
Grilled Cheese Sandwich 31g Tomato Soup 20g Celery Sticks 3g Banana 27g Milk 14g/20g 14	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Strawberries 4g Milk 14g/20g 15	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad w/ Ranch 4g Pineapples 14g Milk 14g/20g 16	French Toast w/Sausage Links 1g Corn 16g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk 14g/20g 17	2 Cheesy Breadsticks Mixed Vegetables 12g Grape Tomatoes 3g Mandarin Oranges 20g Milk 14g/20g 18
3 Totally Taco Wedges 30g Baked Beans 36g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 21	Chicken Tenders 16g w/Dinner Roll 16g Green Beans 7g Celery Sticks 3g Sidekick Fruit Cup 22g Milk 14g/20g 22	Calzone Italian Beef Pepperoni 32g Corn 16g Grape Tomatoes 3g Peaches 14g Milk 14g/20g 23	Chicken Pattie on Bun 38g Carrot Coins 25g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 24	Hotdog on Bun 26g Tater Tots 16g Carrot Sticks 8g Applesauce 15g Milk 14g/20g 25
Cheese Pizza 22g Corn 16g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 28	Chicken Nuggets 16 g/Dinner Roll 16g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Cantaloupe 7g Milk 14g/20g 29	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Wango Mango 13g Banana 27g Milk 14g/20g 30	Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 31	Cheeseburger on Bun 33g Mixed Vegetables 12g Grape Tomatoes 3g Pineapples 14g Milk 14g/20g 1

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



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">7</p>	I.W. Goldfish French Toast 21g Trix Strawberry Banana Yogurt 22g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">8</p>	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">9</p>	<p>NO SCHOOL</p> <p style="text-align: right;">10</p>	<p>NO SCHOOL</p> <p style="text-align: right;">11</p>
I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">14</p>	I.W. Strawberry Pop Tart 36g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">15</p>	I.W. Cinnamon Roll 38g Pear Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">16</p>	Trix Cereal 24g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">17</p>	I.W. Chocolate Muffin 30g Peach Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">18</p>
I.W. Strawberry Mini Bagels 42g Pear Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">21</p>	Golden Graham Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">22</p>	I.W. Blueberry Bread Slice 45g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">23</p>	I.W. Cinnamon Toast Crunch Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">24</p>	I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">25</p>
Lucky Charms Cereal 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">28</p>	I.W. Apple Strudel 38g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">29</p>	I.W. Goldfish French Toast 21g Trix Strawberry Banana Yogurt 22g Pear Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">30</p>	I.W. Banana Muffin 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">31</p>	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">1</p>

ST. HELEN

7TH – 8TH



2024

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on Bun 33g or 4 Glazed Chicken Wings 1g w/Roll 16g Tater Tots 16g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 7	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Green Beans 7g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 8	Tangerine Chicken w/Brown Rice 50g or Calzone Italian Beef Pepperoni 32g Steamed Broccoli 5g Wango Mango 13g Banana 27g Milk 14g/20g 9	NO SCHOOL 10	NO SCHOOL 11
Grilled Cheese Sandwich 31g or Buffalo Chicken Pizza 24g Tomato Soup 20g Celery Sticks 3g Banana 27g Milk 14g/20g 14	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Strawberries 4g Milk 14g/20g 15	Taco Meat w/Nacho Chips 24g or Cheese Quesadilla 39g Refried Beans 16g Tossed Salad w/ Ranch 4g Pineapples 14g Milk 14g/20g 16	French Toast w/Sausage Links 1g or Meatball on Hoagie 50g Corn 16g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk 14g/20g 17	2 Cheesy Breadsticks or Lasagna Rollup 34g Mixed Vegetables 12g Grape Tomatoes 3g Mandarin Oranges 20g Milk 14g/20g 18
3 Totally Taco Wedges 30g or Beef Rib-B-Que on Hoagie 52g Baked Beans 36g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 21	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Green Beans 7g Celery Sticks 3g Sidekick Fruit Cup 22g Milk 14g/20g 22	Calzone Italian Beef Pepperoni 32g or Chicken Quesadilla 37g Corn 16g Grape Tomatoes 3g Peaches 14g Milk 14g/20g 23	Chicken Pattie on Bun 38g or Four Cheese Pizza 29g Carrot Coins 25g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 24	Hotdog on Bun 26g or 4 Glazed Chicken Wings 1g w/Roll 16g Tater Tots 16g Carrot Sticks 8g Applesauce 15g Milk 14g/20g 25
Stuffed Crust Cheese Pizza 36g or Spicy Chicken Pattie 44g Corn 16g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 28	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Cantaloupe 7g Milk 14g/20g 29	Tangerine Chicken w/Brown Rice 59g or Lasagna Rollup 34g Steamed Broccoli 5g Wango Mango 13g Banana 27g Milk 14g/20g 30	Taco Meat w/Nacho Chips 24g 3 Cheese Quesadilla Wedges 31g Refried Beans 16g Carrot Sticks 8g Strawberry Cup 22g Milk 14g/20g 31	Cheeseburger on Bun 33g or Calzone Italian Beef Pepperoni 32g Mixed Vegetables 12g Grape Tomatoes 3g Pineapples 14g Milk 14g/20g 1

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