

ST. HELEN PRE-K – 6TH



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Blueberry Nutri-Grain Bar 30g Mozzarella Cheese String 1g Peach Cup 18g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">6</p>	I.W. Blueberry Muffin 30g Banana 27g Orange Juice 13g Milk 14g/20g <p style="text-align: right;">7</p>	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">8</p>	I.W. Cinnamon Roll 40g Applesauce Cup 14g Orange Juice 13g Milk 14g/20g <p style="text-align: right;">9</p>	Lucky Charms Cereal 25g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">10</p>
I.W. Chocolate Muffin 33g Pear Cup 19g Orange Juice 13g Milk 14g/20g <p style="text-align: right;">13</p>	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">14</p>	I.W. Crunch Mania 37g Applesauce Cup 14g Orange Juice 13g Milk 14g/20g <p style="text-align: right;">15</p>	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">16</p>	I.W. Glazed Donut Hole 31g Peach Cup 18g Orange Juice 13g Milk 14g/20g <p style="text-align: right;">17</p>
Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g <p style="text-align: right;">20</p>	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g <p style="text-align: right;">21</p>	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g <p style="text-align: center;">FIELD DAY</p> <p style="text-align: right;">22</p>	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g <p style="text-align: center;">LAST DAY OF SCHOOL</p> <p style="text-align: right;">23</p>	 <p style="text-align: right;">24</p>

**ST. HELEN
PRE-K – 6TH**



**2024
\$2.25**

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Cheese Sandwich 31g Tomato Soup 20g Celery Sticks 2g Banana 27g Milk 14g/20g 6	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 7	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Carrot Sticks 8g Pineapples 14g Milk 14g/20g 8	3 Totally Taco Wedges 30g Baked Beans 36g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk 14g/20g 9	Calzone Italian Beef Pepperoni 32g Corn 16g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 10
Cheeseburger on Bun 25g Green Beans 4g Broccoli Florets 6g Banana 27g Milk 14g/20g 13	Chicken Tenders 16g w/Dinner Roll 16g Tater Tots 16g Sliced Cucumbers 2g Apple Slices 14g Milk 14g/20g 14	Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 15	French Toast 34g w/Sausage Links 1g Corn 16g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g 16	Cheese Pizza 34g Mixed Vegetables 12g Wango Mango Juice 13g Sidekick Fruit Cup 22g Milk 14g/20g 17
Cook's Choice Entrée Cook's Choice Hot Vegetable Cook's Choice Cold Vegetable Cooks Choice Fruit Milk 14g/20g 20	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 21	Beef Hotdog on Bun 25g Carrot Sticks 8g w/Ranch 1g Cooks Choice Fruit Cooks Choice Snack Milk 14g/20g FIELD DAY 22	Cook's Choice Entrée Cook's Choice Hot Vegetable Cook's Choice Cold Vegetable Cooks Choice Fruit Milk 14g/20g LAST DAY OF SCHOOL 23	 24

Served Daily – Uncrustable Tray

Smuckers 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



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Blueberry Nutri-Grain Bar 30g Mozzarella Cheese String 1g Peach Cup 18g Apple Juice 14g Milk 14g/20g 6	I.W. Blueberry Muffin 30g Banana 27g Orange Juice 13g Milk 14g/20g 7	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 8	I.W. Cinnamon Roll 40g Applesauce Cup 14g Orange Juice 13g Milk 14g/20g 9	Lucky Charms Cereal 25g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 10
I.W. Chocolate Muffin 33g Pear Cup 19g Orange Juice 13g Milk 14g/20g 13	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 14	I.W. Crunch Mania 37g Applesauce Cup 14g Orange Juice 13g Milk 14g/20g 15	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 16	I.W. Glazed Donut Hole 31g Peach Cup 18g Orange Juice 13g Milk 14g/20g 17
Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 20	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 21	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 22	Cook's Choice Entrée Cook's Choice Fruit Cook's Choice Drink Milk 14g/20g 23	 24
		FIELD DAY	LAST DAY OF SCHOOL	

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ST. HELEN

7th – 8th



2024

\$2.35

Lunch Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Cheese Sandwich 31g or Meatball Sub 50g Tomato Soup 20g Celery Sticks 2g Banana 27g Milk 14g/20g 6	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 7	Tangerine Chicken w/Brown Rice 59g or Buffalo Chicken Pizza 24g Steamed Broccoli 5g Carrot Sticks 8g Pineapples 14g Milk 14g/20g 8	3 Totally Taco Wedges 30g or Beef Rib-B-Que on Bun 42g Baked Beans 36g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk 14g/20g 9	Calzone Italian Beef Pepperoni 32g or 2 Cheesy Breadsticks 34g Corn 16g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 10
Cheeseburger on Bun 25g or Lasagna Rollup 34g Green Beans 4g Broccoli Florets 6g Banana 27g Milk 14g/20g 13	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 14	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 15	French Toast 34g w/Sausage Links 1g or 4 Glazed Chicken Wings 1g w/Roll 16g Corn 16g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g 16	Stuffed Crust Cheese Pizza 36g or Spicy Chicken Pattie 44g Mixed Vegetables 12g Wango Mango Juice 13g Sidekick Fruit Cup 22g Milk 14g/20g 17
Cook's Choice Entrée Cook's Choice Entrée Cook's Choice Hot Vegetable Cook's Choice Cold Vegetable Cooks Choice Fruit Milk 14g/20g 20	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 21	Beef Hotdog on Bun 25g Carrot Sticks 8g w/Ranch 1g Cooks Choice Fruit Cooks Choice Snack Milk 14g/20g FIELD DAY 22	Cook's Choice Entrée Cook's Choice Entrée Cook's Choice Hot Vegetable Cook's Choice Cold Vegetable Cooks Choice Fruit Milk 14g/20g LAST DAY OF SCHOOL 23	24

Served Daily – Uncrustable Tray

Smuckers 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)

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