

ST. HELEN PRE-K – 6TH



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Golden Grahams Cereal Bar 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 4	I.W. Blueberry Bread Loaf 26g Banana 27g Apple Juice 14g Milk 14g/20g 5	Cocoa Puffs Cereal 25g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 6	I.W. Cinnamon Roll 40g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 7	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Orange Juice 13g Milk 14g/20g 8
I.W. Chocolate Muffin 33g Peach Cup 18g Apple Juice 14g Milk 14g/20g 11	Trix Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 13g Milk 14g/20g 12	I.W. Super Donut 23g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 13	I.W. Apple Cinnamon NutriGrain Bar 31g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 13g Milk 14g/20g 14	I.W. Crunch Mania 37g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 15
I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 18	I.W. Banana Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 19	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Orange Juice 13g Milk 14g/20g 20	I.W. Glazed Donut Hole 31g Peach Cup 18g Apple Juice 14g Milk 14g/20g 21	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 13g Milk 14g/20g 22
I.W. Blueberry Muffin 30g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 25	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Banana 27g Orange Juice 13g Milk 14g/20g 26	I.W. Cinnamon Roll 40g Apple Slices 7g Apple Juice 14g Milk 14g/20g 27	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 28	NO SCHOOL EASTER BREAK 29

ST. HELEN PRE-K – 6TH



**2024
\$2.25**

Lunch Menu Subject to Change

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

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)

ST. HELEN

7th – 8th



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Golden Grahams Cereal Bar 30g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 4	I.W. Blueberry Bread Loaf 26g Banana 27g Apple Juice 14g Milk 14g/20g 5	Cocoa Puffs Cereal 25g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 6	I.W. Cinnamon Roll 40g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 7	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Orange Juice 13g Milk 14g/20g 8
I.W. Chocolate Muffin 33g Peach Cup 18g Apple Juice 14g Milk 14g/20g 11	Trix Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 13g Milk 14g/20g 12	I.W. Super Donut 23g Mozzarella Cheese String 1g Apple Slices 7g Apple Juice 14g Milk 14g/20g 13	I.W. Apple Cinnamon NutriGrain Bar 31g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 13g Milk 14g/20g 14	I.W. Crunch Mania 37g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 15
I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 18	I.W. Banana Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 19	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 7g Orange Juice 13g Milk 14g/20g 20	I.W. Glazed Donut Hole 31g Peach Cup 18g Apple Juice 14g Milk 14g/20g 21	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 13g Milk 14g/20g 22
I.W. Blueberry Muffin 30g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 25	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Banana 27g Orange Juice 13g Milk 14g/20g 26	I.W. Cinnamon Roll 40g Apple Slices 7g Apple Juice 14g Milk 14g/20g 27	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 13g Milk 14g/20g 28	NO SCHOOL EASTER BREAK 29

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7th – 8th



2024

\$2.35

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pattie on Bun 38g or Lasagna Rollup 34g Carrot Coins 25g Grape Tomatoes 3g Mixed Fruit 15g Milk 14g/20g 4	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Apple Slices 14g Milk 14g/20g 5	French Toast 34g w/Sausage Links 1g or Calzone Italian Beef Pepperoni 32g Corn 16g Carrot Sticks 8g Applesauce 15g Milk 14g/20g 6	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Dragon Punch 13g Strawberry Frozen Cup 22g Milk 14g/20g 7	2 Cheesy Breadsticks 34g or Stuffed Crust Cheese Pizza 36g Green Beans 4g Grape Tomatoes 3g Pineapples 14g Milk 14g/20g 8
Cheeseburger on Bun 25g or Buffalo Chicken Pizza 24g Mixed Vegetables 12g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 11	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Celery Sticks 2g Apple Slices 14g Milk 14g/20g 12	Tangerine Chicken w/Brown Rice 59g or 4 Glazed Chicken Wings 1g w/Roll 16g Steamed Broccoli 5g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 13	3 Totally Taco Wedges 30g or Pulled Pork on Bun 45g Baked Beans 36g Broccoli Florets 6g Sidekick Fruit Cup 22g Milk 14g/20g 14	Stuffed Crust Cheese Pizza 36g or Grilled Cheese Sandwich 31g Corn 16g Wango Mango Juice 13g Peach Frozen Cup 19g Milk 14g/20g 15
Calzone Italian Beef Pepperoni 32g or Meatball Sub 50g Carrot Coins 25g Tossed Salad 2g Banana 27g Milk 14g/20g 18	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Sliced Cucumbers 2g Mixed Fruit 15g Milk 14g/20g 19	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Carrot Sticks 8g Strawberry Frozen Cup 22g Milk 14g/20g 20	French Toast 34g w/Sausage Links 1g or Lasagna Rollup 34g Refried Beans 16g Broccoli Florets 6g Pineapples 14g Milk 14g/20g 21	Grilled Cheese Sandwich 31g or 2 Cheesy Breadsticks 34g Tomato Soup 20g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 22
3 Totally Taco Wedges 30g or Beef Rib-B-Que on Bun 42g Baked Beans 36g Celery Sticks 2g Banana 27g Milk 14g/20g 25	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Tossed Salad 2g Apple Slices 14g Milk 14g/20g 26	Chicken Pattie on Bun 38g or Buffalo Chicken Pizza 24g Green Beans 4g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 27	Tangerine Chicken w/Brown Rice 59g or 4 Glazed Chicken Wings 1g w/Roll 16g Steamed Broccoli 5g Carrot Sticks 8g Peach Frozen Cup 19g Milk 14g/20g 28	NO SCHOOL EASTER BREAK 29

Served Daily – Uncrustable Tray

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