

ST. HELEN

PreK – 6TH



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Trix Cereal 24g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 4	NO SCHOOL ELECTION DAY 5	I.W. Apple Cinnamon Muffin 31g Banana 27g Apple Juice 14g Milk 14g/20g 6	I.W. Strawberry Nutri Grain Bar 31g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 7	I.W. Glazed Donut Hole 31g Pear Cup 19g Apple Juice 14g Milk 14g/20g 8
I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 11	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 12	I.W. Cinnamon Roll 38g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 13	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 14	I.W. Apple Strudel 38g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 15
I.W. Super Donut 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 18	I.W. Goldfish Graham 19g Trix Strawberry Banana Yogurt 15g Banana 27g Orange Juice 14g Milk 14g/20g 19	I.W. Banana Bread Slice 45g Apple Slices 14g Apple Juice 14g Milk 14g/20g 20	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 21	I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Peach Cup 19g Apple Juice 14g Milk 14g/20g 22
NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27	NO SCHOOL THANKSGIVING DAY 28	NO SCHOOL 29

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2024

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rotini w/Meat Sauce & Breadstick 38g Green Peas 12g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 4	NO SCHOOL ELECTION DAY 5	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 6	French Toast w/Sausage Links 1g Mixed Vegetables 12g Carrot Sticks 8g Strawberry Frozen Cup 22g Milk 14g/20g 7	2 Cheesy Breadsticks Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 8
Grilled Cheese Sandwich 31g Tomato Soup 20g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 11	Chicken Tenders 16g w/Dinner Roll 16g Tater Tots 16g Sliced Cucumbers 2g Strawberries 4g Milk 14g/20g 12	Tangerine Chicken w/Brown Rice 59g Steamed Broccoli 5g Wango Mango 13g Banana 27g Milk 14g/20g 13	Taco Meat w/Nacho Chips 24g Refried Beans 16g Tossed Salad 3g Mandarin Oranges 20g Milk 14g/20g 14	Calzone Italian Beef Pepperoni 32g Corn 16g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 15
Chicken Pattie on Bun 38g Carrot Coins 25g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 18	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 17g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 19	2 Soft Pretzel Rods w/Cheese 27g Green Peas 12g Broccoli Florets 6g Pineapples 14g Milk 14g/20g 20	Cheese Pizza 22g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 21	French Toast w/Sausage Links 1g Mixed Vegetables 12g Carrot Sticks 8g Strawberry Frozen Cup 22g Milk 14g/20g 22
NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27	NO SCHOOL THANKSGIVING DAY 28	NO SCHOOL 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



2024

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Trix Cereal 24g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 4	NO SCHOOL ELECTION DAY 5	I.W. Apple Cinnamon Muffin 31g Banana 27g Apple Juice 14g Milk 14g/20g 6	I.W. Strawberry Nutri Grain Bar 31g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 7	I.W. Glazed Donut Hole 31g Pear Cup 19g Apple Juice 14g Milk 14g/20g 8
I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 11	Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g 12	I.W. Cinnamon Roll 38g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 13	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 14	I.W. Apple Strudel 38g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 15
I.W. Super Donut 23g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 18	I.W. Goldfish Graham 19g Trix Strawberry Banana Yogurt 15g Banana 27g Orange Juice 14g Milk 14g/20g 19	I.W. Banana Bread Slice 45g Apple Slices 14g Apple Juice 14g Milk 14g/20g 20	Lucky Charms Cereal 23g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 21	I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Peach Cup 19g Apple Juice 14g Milk 14g/20g 22
NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27	NO SCHOOL THANKSGIVING DAY 28	NO SCHOOL 29

ST. HELEN

7TH – 8TH



2024

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rotini w/Meat Sauce & Breadstick 38g or Pulled Pork on Bun 45g Green Peas 12g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 4	NO SCHOOL ELECTION DAY 5	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 6	French Toast w/Sausage Links 1g or Buffalo Chicken Pizza 24g Mixed Vegetables 12g Carrot Sticks 8g Strawberry Frozen Cup 22g Milk 14g/20g 7	2 Cheesy Breadsticks or Meatball on Hoagie 50g Corn 16g Dragon Punch 13g Pineapples 14g Milk 14g/20g 8
Grilled Cheese Sandwich 31g or 4 Glazed Chicken Wings 1g w/Roll 16g Tomato Soup 20g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 11	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Tater Tots 16g Sliced Cucumbers 2g Strawberries 4g Milk 14g/20g 12	Tangerine Chicken w/Brown Rice 59g or Four Cheese Pizza 29g Steamed Broccoli 5g Wango Mango 13g Banana 27g Milk 14g/20g 13	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Tossed Salad 3g Mandarin Oranges 20g Milk 14g/20g 14	Calzone Italian Beef Pepperoni 32g or Spicy Chicken Pattie 44g Corn 16g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 15
Chicken Pattie on Bun 38g or Lasagna Rollup 34g Carrot Coins 25g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 18	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 17g Grape Tomatoes 3g Mixed Fruit 15g Milk 14g/20g 19	2 Soft Pretzel Rods w/Cheese 27g or Beef Rib-B-Que on Hoagie 52g Green Peas 12g Broccoli Florets 6g Pineapples 14g Milk 14g/20g 20	Stuffed Crust Cheese Pizza 36g or Hotdog on Bun 26g Corn 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 21	French Toast w/Sausage Links 1g or 4 Glazed Chicken Wings 1g w/Roll 16g Mixed Vegetables 12g Carrot Sticks 8g Strawberry Frozen Cup 22g Milk 14g/20g 22
NO SCHOOL 25	NO SCHOOL 26	NO SCHOOL 27	NO SCHOOL THANKSGIVING DAY 28	NO SCHOOL 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)

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