

ST. HELEN

PreK – 6th



2025

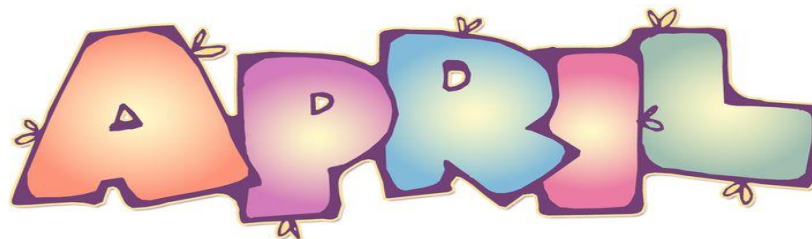
Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 33g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 31	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 1	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 2	I.W. Apple Cinnamon Nutri-Grain Bar 31g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 3	I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 4
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 7	I.W. Goldfish Graham 19g w/Yogurt 15g Banana 27g Apple Juice 14g Milk 14g/20g 8	I.W. Strawberry Mini Bagel 42g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 9	I.W. Glazed Donut 31g Peach Cup 19g Apple Juice 14g Milk 14g/20g 10	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 11
I.W. Banana Muffin 30g Pear Cup 19g Apple Juice 14g Milk 14g/20g 14	I.W. Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 15	I.W. Mini Cinnamon Roll 41g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 16	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 17	NO SCHOOL EASTER BREAK 18
NO SCHOOL EASTER BREAK 21	NO SCHOOL EASTER BREAK 22	NO SCHOOL EASTER BREAK 23	NO SCHOOL EASTER BREAK 24	NO SCHOOL EASTER BREAK 25
Froot Loops Cereal 24g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 28	I.W. Cinnamon Bun 30g Banana 27g Orange Juice 14g Milk 14g/20g 29	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 30	I.W. Super Donut 23g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 1	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 2

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Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calzone Italian Beef Pepperoni 32g Green Beans 4g Tossed Salad 3g Banana 27g Milk 14g/20g 31	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 1	Taco Meat w/Nacho Chips 24g Refried Beans 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 2	Cheeseburger on Bun 32g Corn 16g Broccoli Florets 6g Pineapple Tidbits 20g Milk 14g/20g 3	Grilled Cheese Sandwich 31g Tomato Soup 20g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 4
3 Totally Taco Wedges Baked Beans 30g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 7	Chicken Tenders 16g Potato Smiles 25g Celery Sticks 15g Applesauce 15g Milk 14g/20g 8	French Toast 37g w/Sausage Links 0g Corn 16g Grape Tomatoes 3g Peach Frozen Cup 19g Milk 14g/20 9	Tangerine Chicken 26g w/Brown Rice 36g Steamed Broccoli 5g Carrot Sticks 8g Grapes 17g Milk 14g/20g 10	2 Cheesy Breadsticks 34g Mixed Vegetables 12g Wango Mango 13g Sidekick Fruit Cup 22g Milk 14g/20g 11
Beef Hotdog on Bun 26g Corn 16g Broccoli Florets 6g Banana 27g Milk 14g/20g 14	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 15	Cheese Pizza 32g Mixed Vegetables 12g Grape Tomatoes 3g Pineapple Tidbits 20g Milk 14g/20g 16	Taco Meat w/Nacho Chips 24g Refried Beans 16g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 17	NO SCHOOL EASTER BREAK 18
NO SCHOOL EASTER BREAK 21	NO SCHOOL EASTER BREAK 22	NO SCHOOL EASTER BREAK 23	NO SCHOOL EASTER BREAK 24	NO SCHOOL EASTER BREAK 25
French Toast 37g w/Sausage Links 0g Green Beans 4g Wango Mango 13g Banana 27g Milk 14g/20g 28	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Grapes 17g Milk 14g/20g 29	2 Cheesy Breadsticks 34g Corn 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20 30	Taco Meat w/Nacho Chips 24g Refried Beans 16g Dragon Punch 13g Peach Frozen Cup 19g Milk 14g/20g 1	Cheeseburger on Bun 32g Mixed Vegetables 12g Grape Tomatoes 3g Pineapple Tidbits 20g Milk 14g/20g 2

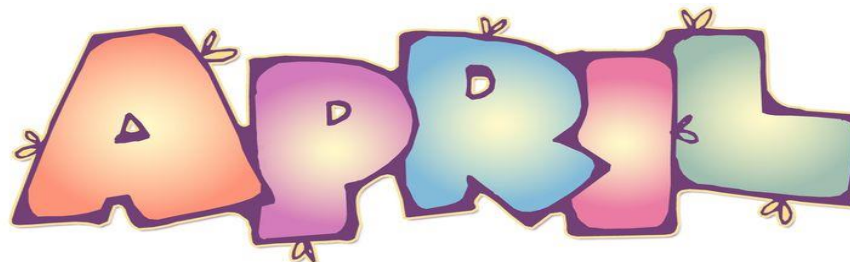
Served Daily – Uncrustable Tray

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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ST. HELEN

7TH – 8TH



2025

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Chocolate Muffin 33g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 31	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 1	I.W. Cinnamon Roll 38g Apple Slices 14g Apple Juice 14g Milk 14g/20g 2	I.W. Apple Cinnamon Nutri-Grain Bar 31g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g 3	I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 4
Cinnamon Toast Crunch Cereal 22g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 7	I.W. Goldfish Graham 19g w/Yogurt 15g Banana 27g Apple Juice 14g Milk 14g/20g 8	I.W. Strawberry Mini Bagel 42g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 9	I.W. Glazed Donut 31g Peach Cup 19g Apple Juice 14g Milk 14g/20g 10	I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 11
I.W. Banana Muffin 30g Pear Cup 19g Apple Juice 14g Milk 14g/20g 14	I.W. Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 15	I.W. Mini Cinnamon Roll 41g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 16	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 17	NO SCHOOL EASTER BREAK 18
NO SCHOOL EASTER BREAK 21	NO SCHOOL EASTER BREAK 22	NO SCHOOL EASTER BREAK 23	NO SCHOOL EASTER BREAK 24	NO SCHOOL EASTER BREAK 25
Froot Loops Cereal 24g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 28	I.W. Cinnamon Bun 30g Banana 27g Orange Juice 14g Milk 14g/20g 29	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 30	I.W. Super Donut 23g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 1	I.W. Trix Cereal Bar 29g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 2

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2025

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Calzone Italian Beef Pepperoni 32g or Spicy Chicken Pattie 44g Green Beans 4g Tossed Salad 3g Banana 27g Milk 14g/20g 31	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 1	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 2	Cheeseburger on Bun 32g or Four Cheese Pizza 29g Corn 16g Broccoli Florets 6g Pineapple Tidbits 20g Milk 14g/20g 3	Grilled Cheese Sandwich 31g or 3 Cheese Quesadilla Wedges 31g Tomato Soup 20g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 4
3 Totally Taco Wedges or Beef Rib-B-Que on Hoagie 52g Baked Beans 30g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 7	Chicken Tenders 16g or 6 Mini Corn Dogs 33g Potato Smiles 25g Celery Sticks 15g Applesauce 15g Milk 14g/20g 8	French Toast 37g w/Sausage Links 0g or Lasagna Rollup 34g w/Breadstick 38g Corn 16g Grape Tomatoes 3g Peach Frozen Cup 19g Milk 14g/20 9	Tangerine Chicken 26g w/Brown Rice 36g or 4 Glazed Chicken Wings 1g w/Roll 16g Steamed Broccoli 5g Carrot Sticks 8g Grapes 17g Milk 14g/20g 10	2 Cheesy Breadsticks 34g or Stuffed Crust Cheese Pizza 36g Mixed Vegetables 12g Wango Mango 13g Sidekick Fruit Cup 22g Milk 14g/20g 11
Beef Hotdog on Bun 26g or Buffalo Chicken Pizza 24g Corn 16g Broccoli Florets 6g Banana 27g Milk 14g/20g 14	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 15	Stuffed Crust Cheese Pizza 36g or Meatball on Hoagie 50g Mixed Vegetables 12g Grape Tomatoes 3g Pineapple Tidbits 20g Milk 14g/20g 16	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Dragon Punch 13g Mandarin Oranges 20g Milk 14g/20g 17	NO SCHOOL EASTER BREAK 18
NO SCHOOL EASTER BREAK 21	NO SCHOOL EASTER BREAK 22	NO SCHOOL EASTER BREAK 23	NO SCHOOL EASTER BREAK 24	NO SCHOOL EASTER BREAK 25
French Toast 37g w/Sausage Links 0g or Meatball on Hoagie 50g Green Beans 4g Wango Mango 13g Banana 27g Milk 14g/20g 28	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Grapes 17g Milk 14g/20g 29	2 Cheesy Breadsticks 34g or Spicy Chicken Pattie 44g Corn 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20 30	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Dragon Punch 13g Peach Frozen Cup 19g Milk 14g/20g 1	Cheeseburger on Bun 32g or Buffalo Chicken Pizza 24g Mixed Vegetables 12g Grape Tomatoes 3g Pineapple Tidbits 20g Milk 14g/20g 2

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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