

ST. HELEN
PreK – 6th



MARCH

2025

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Banana Muffin 30g Pear Cup 19g Apple Juice 14g Milk 14g/20g 3	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 4	I.W. Mini Cinnamon Roll 41g Apple Slices 14g Apple Juice 14g Milk 14g/20g 5	I.W. Blueberry Nutri-Grain Bar 31g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 6	Golden Graham Cereal 24g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 7
I.W. Fudge Pop Tart 36g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 10	I.W. Chocolate Muffin 33g Banana 27g Apple Juice 14g Milk 14g/20g 11	I.W. Goldfish Graham 19g w/Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 12	I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 13	Cinnamon Toast Crunch Cereal Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 14
I.W. Lucky Charms Cereal 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 17	I.W. Glazed Donut 31g Pear Cup 19g Apple Juice 14g Milk 14g/20g 18	I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 19	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 20	NO SCHOOL STAFF WORK DAY 21
I.W. Blueberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 24	I.W. Cinnamon Bun 30g Banana 27g Apple Juice 14g Milk 14g/20g 25	I.W. Strawberry Nutri-Grain Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 26	I.W. Apple Cinnamon Muffin 31g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 27	Froot Loops Cereal 24g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 28

ST. HELEN
PreK – 6th



2025

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on Bun 32g Green Beans 4g Dragon Punch 13g Banana 27g Milk 14g/20g 3	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 4	Taco Meat w/Nacho Chips 24g Refried Beans 16g Wango Mango 13g Sidekick Fruit Cup 22g Milk 14g/20g 5	French Toast 37g w/Sausage Links 0g Corn 16g Carrot Sticks 8g Pineapple Tidbits 20g Milk 14g/20g 6	2 Cheesy Breadsticks 34g Mixed Vegetables 12g Broccoli Florets 6g Mandarin Oranges 20g Milk 14g/20g 7
3 Totally Taco Wedges Baked Beans 30g Celery Sticks 15g Banana 27g Milk 14g/20g 10	Chicken Tenders 16g Potato Smiles 25g Tossed Salad 3g Peaches 14g Milk 14g/20g 11	Calzone Italian Beef Pepperoni 32g Mixed Vegetables 12g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g 12	Tangerine Chicken 26g w/Brown Rice 36g Steamed Broccoli 5g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 13	Cheese Pizza 32g Corn 16g Dragon Punch 13g Strawberry Frozen Cup 22g Milk 14g/20g 14
Chicken Pattie on Bun 38g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 17	Grilled Cheese Sandwich 31g Tomato Soup 20g Broccoli Florets 6g Pineapple Tidbits 20g Milk 14g/20g 18	Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 20g Grape Tomatoes 3g Strawberries 4g Milk 14g/20g 19	Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 20	NO SCHOOL STAFF WORK DAY 21
French Toast 37g w/Sausage Links 0g Corn 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g 24	Chicken Tenders 16g Potato Smiles 25g Celery Sticks 15g Applesauce 15g Milk 14g/20g 25	Tangerine Chicken 26g w/Brown Rice 36g Steamed Broccoli 5g Sliced Cucumbers 2g Strawberry Frozen Cup 22g Milk 14g/20g 26	Beef Hotdog on Bun 26g Baked Beans 30g Carrot Sticks 8g Pears 16g Milk 14g/20g 27	Cheese Pizza 32g Mixed Vegetables 12g Wango Mango 13g Mandarin Oranges 20g Milk 14g/20g 28

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



2025

Breakfast Served At No Cost and Subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I.W. Banana Muffin 30g Pear Cup 19g Apple Juice 14g Milk 14g/20g 3	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 4	I.W. Mini Cinnamon Roll 41g Apple Slices 14g Apple Juice 14g Milk 14g/20g 5	I.W. Blueberry Nutri-Grain Bar 31g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 6	Golden Graham Cereal 24g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 7
I.W. Fudge Pop Tart 36g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 10	I.W. Chocolate Muffin 33g Banana 27g Apple Juice 14g Milk 14g/20g 11	I.W. Goldfish Graham 19g w/Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 12	I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g 13	Cinnamon Toast Crunch Cereal Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 14
I.W. Lucky Charms Cereal 23g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g 17	I.W. Glazed Donut 31g Pear Cup 19g Apple Juice 14g Milk 14g/20g 18	I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g 19	I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g 20	NO SCHOOL STAFF WORK DAY 21
I.W. Blueberry Pop Tart 36g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 24	I.W. Cinnamon Bun 30g Banana 27g Apple Juice 14g Milk 14g/20g 25	I.W. Strawberry Nutri-Grain Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g 26	I.W. Apple Cinnamon Muffin 31g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 27	Froot Loops Cereal 24g Mozzarella Cheese String 1g Diced Apple Cup 22g Orange Juice 14g Milk 14g/20g 28

ST. HELEN
7TH – 8TH



MARCH

2025

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger on Bun 32g or Buffalo Chicken Pizza 24g Green Beans 4g Dragon Punch 13g Banana 27g Milk 14g/20g 3	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 20g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 4	Taco Meat w/Nacho Chips 24g or Cheese Quesadilla 39g Refried Beans 16g Wango Mango 13g Sidekick Fruit Cup 22g Milk 14g/20g 5	French Toast 37g w/Sausage Links 0g or 4 Glazed Chicken Wings 1g w/Roll 16g Corn 16g Carrot Sticks 8g Pineapple Tidbits 20g Milk 14g/20g 6	2 Cheesy Breadsticks 34g or Grilled Cheese Sandwich 31g Mixed Vegetables 12g Broccoli Florets 6g Mandarin Oranges 20g Milk 14g/20g 7
3 Totally Taco Wedges or Pulled Pork on Bun 45g Baked Beans 30g Celery Sticks 15g Banana 27g Milk 14g/20g 10	Chicken Tenders 16g or 6 Mini Corn Dogs 33g Potato Smiles 25g Tossed Salad 3g Peaches 14g Milk 14g/20g 11	Calzone Italian Beef Pepperoni 32g or Lasagna Rollup 34g w/Breadstick 38g Mixed Vegetables 12g Grape Tomatoes 3g Applesauce 15g Milk 14g/20g 12	Tangerine Chicken 26g w/Brown Rice 36g or Four Cheese Pizza 29g Steamed Broccoli 5g Carrot Sticks 8g Mixed Fruit 15g Milk 14g/20g 13	Stuffed Crust Cheese Pizza 36g or 3 Cheese Quesadilla Wedges 31g Corn 16g Dragon Punch 13g Strawberry Frozen Cup 22g Milk 14g/20g 14
Chicken Pattie on Bun 38g or 2 Cheesy Breadsticks 34g Green Beans 4g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 17	Grilled Cheese Sandwich 31g or Buffalo Chicken Pizza 24g Tomato Soup 20g Broccoli Florets 6g Pineapple Tidbits 20g Milk 14g/20g 18	Chicken Nuggets 16g/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 20g Grape Tomatoes 3g Strawberries 4g Milk 14g/20g 19	Taco Meat w/Nacho Chips 24g or Chicken Quesadilla 37g Refried Beans 16g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 20	NO SCHOOL STAFF WORK DAY 21
French Toast 37g w/Sausage Links 0g or 4 Glazed Chicken Wings 1g w/Roll 16g Corn 16g Grape Tomatoes 3g Banana 27g Milk 14g/20g 24	Chicken Tenders 16g or 6 Mini Corn Dogs 33g Potato Smiles 25g Celery Sticks 15g Applesauce 15g Milk 14g/20g 25	Tangerine Chicken 26g w/Brown Rice 36g or 2 Soft Pretzel Rods w/Cheese 27g Steamed Broccoli 5g Sliced Cucumbers 2g Strawberry Frozen Cup 22g Milk 14g/20g 26	Beef Hotdog on Bun 26g or 3 Cheese Quesadilla Wedges 31g Baked Beans 30g Carrot Sticks 8g Pears 16g Milk 14g/20g 27	Stuffed Crust Cheese Pizza 36g or 2 Cheesy Breadsticks 34g Mixed Vegetables 12g Wango Mango 13g Mandarin Oranges 20g Milk 14g/20g 28

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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