

**ST. HELEN
PreK – 6th**

August



2024

Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NO BREAKFAST	NO BREAKFAST
			22	23
I.W. Super Donut 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 26	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 27	I.W. Crunch Mania 37g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 28	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 29	I.W. Banana Bread Loaf 27g Mozzarella Cheese String 1g Pear Cup 19g Apple Juice 14g Milk 14g/20g 30

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			22	23
3 Totally Taco Wedges 30g Baked Beans 30g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 26	Chicken Tenders 16g w/Dinner Roll 16g Mixed Vegetables 12g Grape Tomatoes 3g Peaches 14g Milk 14g/20g 27	I.W. French Toast 37g w/Sausage Links 0g Green Beans 4g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 28	Chicken Nuggets 16g w/Dinner Roll 16g Mashed Potatoes & Gravy 21g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 29	Calzone Italian Beef Pepperoni 32g Carrot Coins 25g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 30

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



Breakfast Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			NO BREAKFAST	NO BREAKFAST
			22	23
I.W. Super Donut 23g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g 26	Trix Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g 27	I.W. Crunch Mania 37g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g 28	I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g 29	I.W. Banana Bread Loaf 27g Pear Cup 19g Apple Juice 14g Milk 14g/20g 30

Lunch Served At No Cost and Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			22	23
3 Totally Taco Wedges 30g or Pulled Pork on Bun 45g Baked Beans 30g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 26	Chicken Tenders 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mixed Vegetables 12g Grape Tomatoes 3g Peaches 14g Milk 14g/20g 27	I.W. French Toast 37g w/Sausage Links 0g or Chicken Quesadilla 37g Green Beans 4g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20g 28	Chicken Nuggets 16g w/Dinner Roll 16g or 6 Mini Corn Dogs 33g Mashed Potatoes & Gravy 21g Carrot Sticks 8g Apple Slices 14g Milk 14g/20g 29	Calzone Italian Beef Pepperoni 32g or Chicken Pattie on Bun 45g Carrot Coins 25g Dragon Punch 13g Sidekick Fruit Cup 22g Milk 14g/20g 30

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