

ST. HELEN

PreK – 6TH



2025

Breakfast Served At No Cost and Subject To Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| Trix Cereal 24g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">6</p> | I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">7</p> | I.W. Apple Cinnamon Nutri-Grain Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">8</p> | I.W. Strawberry Mini Bagels 42g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">9</p> | I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">2-HR EARLY RELEASE 10</p> |
| I.W. Chocolate Muffin 30g Diced Apple Cup 22g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">13</p> | Golden Graham Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">14</p> | I.W. Cinnamon Bun 30g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">15</p> | I.W. Goldfish Graham 19g w/Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">16</p> | I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">17</p> |
| <p style="text-align: center;">NO SCHOOL MARTIN LUTHER KING JR. DAY</p> <p style="text-align: right;">20</p> | I.W. Apple Frudel 38g Pear Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">21</p> | I.W. Blueberry Nutri-Grain Bar 31g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">22</p> | I.W. Banana Bread Slice 45g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">23</p> | I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">24</p> |
| I.W. Glazed Donut 31g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">27</p> | Lucky Charms Cereal 23g Mozzarella Cheese String 1g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">28</p> | I.W. Mini Cinnamon Roll 41g Applesauce Cup 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">29</p> | I.W. Strawberry Pop Tart 36g Mozzarella Cheese String 1g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">30</p> | I.W. Blueberry Bread Loaf 26g Mozzarella Cheese String 1g Pear Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">31</p> |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| French Toast 37g w/Sausage Links 1g Mixed Vegetables 12g Sliced Cucumbers 2g Banana 27g Milk 14g/20g 6 | Chicken Nuggets 16g Mashed Potatoes & Gravy 20g Broccoli Florets 6g Mandarin Oranges 20g Milk 14g/20g 7 | Beef Hotdog on Bun 26g Baked Beans 30g Celery Sticks 15g Mixed Fruit 15g Milk 14g/20g 8 | Rotini w/Meat Sauce 24g/Breadstick 38g Green Beans 12g Grape Tomatoes 3g Pears 16g Milk 14g/20g 9 | Cheese Pizza 22g Corn 16g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 2-HR EARLY RELEASE 10 |
| Grilled Cheese Sandwich 31g Tomato Soup 20g Celery Sticks 15g Banana 27g Milk 14g/20g 13 | Chicken Tenders 16g Potato Smiles 25g Sliced Cucumbers 2g Peaches 14g Milk 14g/20g 14 | Cheeseburger on Bun 26g Corn 16g Dragon Punch 13g Applesauce 15g Milk 14g/20 15 | Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Strawberry Frozen Cup 22g Milk 14g/20g 16 | Calzone Italian Beef Pepperoni 32g Carrot Coins 6g Tossed Salad 3g Pineapple Tidbits 20g Milk 14g/20g 17 |
| NO SCHOOL MARTIN LUTHER KING JR. DAY 20 | Chicken Nuggets 16g/Dinner Roll 16g Mashed Potatoes & Gravy 20g Celery Sticks 15g Strawberries 4g Milk 14g/20g 21 | Tangerine Chicken 26g w/Brown Rice 36g Steamed Broccoli 5g Grape Tomatoes 3g Apple Slices 14g Milk 14g/20g 22 | Chicken Pattie on Bun 38g Green Peas 12g Broccoli Florets 6g Mixed Fruit 15g Milk 14g/20g 23 | 2 Cheesy Breadsticks 34g Corn 16g Carrot Sticks 8g Sidekick Fruit Cup 22g Milk 14g/20g 24 |
| Cheese Pizza 32g Carrot Coins 6g Tossed Salad 3g Banana 27g Milk 14g/20g 27 | Chicken Tenders 16g Potato Smiles 25g Sliced Cucumbers 2g Pears 16g Milk 14g/20g 28 | Taco Meat w/Nacho Chips 24g Refried Beans 16g Carrot Sticks 8g Mandarin Oranges 20g Milk 14g/20 29 | French Toast 37g w/Sausage Links 1g Corn 16g Wango Mango 13g Peaches 14g Milk 14g/20g 30 | 2 Soft Pretzel Rods w/Cheese 27g Mixed Vegetables 12g Broccoli Florets 6g Applesauce 15g Milk 14g/20g 31 |

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 |
|---|--|---|---|--|
| Trix Cereal 24g Mozzarella Cheese String 1g Mixed Fruit Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">6</p> | I.W. Blueberry Muffin 30g Banana 27g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">7</p> | I.W. Apple Cinnamon Nutri-Grain Bar 30g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">8</p> | I.W. Strawberry Mini Bagels 42g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">9</p> | I.W. Cocoa Puffs Cereal Bar 30g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">2-HR EARLY RELEASE 10</p> |
| I.W. Chocolate Muffin 30g Diced Apple Cup 22g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">13</p> | Golden Graham Cereal 24g Mozzarella Cheese String 1g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">14</p> | I.W. Cinnamon Bun 30g Mixed Fruit Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">15</p> | I.W. Goldfish Graham 19g w/Yogurt 15g Mozzarella Cheese String 1g Apple Slices 14g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">16</p> | I.W. Super Donut 23g Mozzarella Cheese String 1g Applesauce Cup 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">17</p> |
| <p style="text-align: center;">NO SCHOOL MARTIN LUTHER KING JR. DAY</p> <p style="text-align: right;">20</p> | I.W. Apple Frudel 38g Pear Cup 19g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">21</p> | I.W. Blueberry Nutri-Grain Bar 31g Banana 27g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">22</p> | I.W. Banana Bread Slice 45g Apple Slices 14g Apple Juice 14g Milk 14g/20g <p style="text-align: right;">23</p> | I.W. Fudge Pop Tart 36g Mozzarella Cheese String 1g Peach Cup 19g Orange Juice 14g Milk 14g/20g <p style="text-align: right;">24</p> |
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7th – 8th



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

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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