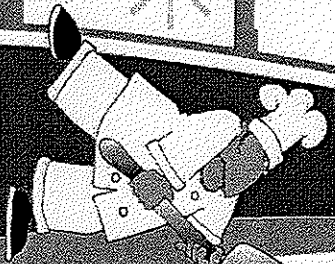


St. Helen Elementary Lunch Menu March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 5 Cheese Breadsticks w/Pizza Sauce Or w/g Chicken Salad Sandwich Green Beans Mixed Fruit 1% white milk or Skim flavored	March 6 w/g Waffle w/Sausage Links Or w/g Chicken Salad Sandwich Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored	March 7 w/g Rotini w/ Meatballs Garlic Breadstick Or w/g Chicken Salad Sandwich Carrots Applesauce 1% white milk or Skim flavored	March 8 Cheeseburger/w/g Bur Or w/g Chicken Salad Sandwich Sweet Potatoes Fries Baked Beans Apricot Crisp 1% white milk or Skim flavored	March 9 Cheese Pizza Or w/g Grilled Cheese Sandwich Romaine Salad Veggies & Dip Mixed Fruit w/g Oatmeal Cookie 1% white milk or Skim flavored
March 12 w/g Chicken Strips Or w/g Chicken Quesadilla w/g Chips & Salsa Green Beans Pears 1% white milk or Skim flavored	March 13 w/g Pancakes & Syrup w/Canadian Bacon Or w/g Chicken Quesadilla Potato Roasters Carrots & Dip Strawberries 1% white milk or Skim flavored	March 14 Ultimate Chicken Nachos Or w/g Chicken Quesadilla Red Beans & Rice Broccoli Peaches 1% white milk or Skim flavored	March 15 w/g Mini Corn Dogs (6) Or w/g Chicken Quesadilla Fries Baked Beans Apple Crisp 1% white milk or Skim flavored	March 16 Cheese Pizza Or w/g Cheese Quesadilla Romaine Salad Veggies & Dip Mixed Fruit w/g Sunflower Cookie 1% white milk or Skim flavored
March 19 w/g White Meat Chicken Nuggets Or w/g BBQ Pork Sandwich Cinnamon Chips Green Beans, Fruit Salsa 1% white milk or Skim flavored	March 20 w/g French Toast w/Sausage Links Or w/g BBQ Pork Sandwich Potato Triangle Carrots & Dip Apple Slices 1% white milk or Skim flavored	March 21 w/g Spaghetti w/ Meat Sauce Garlic Breadstick Or w/g BBQ Pork Sandwich Carrots Appicots 1% white milk or Skim flavored	March 22 w/g Crispy Chicken Sandwich Or w/g BBQ Pork Sandwich Tater Tots Baked Beans Cherry Crisp 1% white milk or Skim flavored	March 23 Cheese Pizza Or w/g Grilled Cheese Sandwich Romaine Salad Veggies & Dip Pears w/g Oatmeal Cookie 1% white milk or Skim
Lucky Tray Day				
March 26 Popcorn Chicken Or w/g Turkey & Cheddar Wrap Mashed Potatoes & Gravy Green Beans Peaches 1% white milk or Skim flavored	March 27 w/g Chocolate Chip Pancakes & Syrup w/Canadian Bacon Or w/g Turkey & Cheddar Wrap Potato Roasters Carrots & Dip Strawberries 1% white milk or Skim flavored	March 28 Ultimate Beef Nachos Or w/g Turkey & Cheddar Wrap Red Beans & Rice Broccoli Peas 1% white milk or Skim flavored	March 29 Early Dismissal 1:00 Pepperoni Breadsticks w/Pizza Sauce Or w/g Turkey & Cheddar Wrap Corn, Chickpea Salad Peach Crisp 1% white milk or Skim flavored	March 30 Good Friday
April 9 Cheese Breadsticks w/Pizza Sauce Or w/g Chicken Fajita Green Beans Peaches 1% white milk or Skim flavored	April 10 w/g Waffle w/Sausage Links Or w/g Chicken Fajita Potato Triangle Carrots & Dip Apple Slices 1% white milk or Skim flavored	April 11 w/g Penne w/Meatballs Garlic Breadstick Or w/g Chicken Fajita Peas Applesauce 1% white milk or Skim flavored	April 12 Cheeseburger/w/g Bun Or w/g Chicken Fajita Sweet Potatoes Fries Baked Beans Apricot Crisp 1% white milk or Skim flavored	April 13 Church in the City Cheese Pizza Romaine Salad w/Veggies Fruit w/g Sugar Cookie 1% white milk or Skim flavored

3The "w/g" on the menu indicates the product is "Whole Grain". Whole grains provide many nutritional benefits including fiber which helps to keep us full longer after eating them!

This institution is an equal opportunity provider



Call your Food Service Manager - Cindy at 440-564-7125 (ask for extension) or email at conrad@sthelem.com

With any questions that you have regarding the menu or your student's account.

Seasonal Fruit for March:
Oranges

Alternative Lunch Selections
Crispy Chicken, Grilled Chicken, Chef or Taco Salad
Includes milk - 3.50

A la Carte Selections
Assorted Snacks - .50 - 1.00
Ice Cream Novelty - .85 - 1.00
Assorted Milk - .75
Spicy or Regular Chicken Sandwich - 1.75

Please note that all combo meals & salad entrees are served with choice of 1% white milk or flavored skim milk as per National school guidelines

Lunch Price

Student.....\$3.50

Adult.....\$3.55

St. Helen
FOOD MANAGEMENT SERVICES, LLC