

St. Helen Elementary Lunch Menu February 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>February 5 Cheese Breadsticks w/Pizza Sauce Or WG BBQ Pork Sandwich Green Beans Mixed Fruit 1% white milk or Skim flavored</p> | <p>February 6 WG Waffle w/Sausage Links Or WG BBQ Pork Sandwich Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored</p> | <p>February 7 Ultimate Chicken Nachos Or WG BBQ Pork Sandwich Red Beans & Rice Broccoli Peaches 1% white milk or Skim flavored</p> | <p>February 8 Hamburger/WG Bun Or WG BBQ Pork Sandwich Sweet Potatoes Fries Baked Beans Apricot Crisp 1% white milk or Skim flavored</p> | <p>February 9 National Pizza Day Pepperoni Pizza Or WG BBQ Pork Sandwich Romaine Salad Veggies & Dip Applesauce WG Oatmeal Cookie 1% white milk or Skim flavored</p> |
| <p>February 12 WG Chicken Strips Or WG Chicken Quesadilla WG Chips & Salsa Green Beans Pears 1% white milk or Skim flavored</p> | <p>February 13 WG Pancakes & Syrup w/Canadian Bacon Or WG Chicken Quesadilla Potato Roasters Carrots & Dip Strawberries 1% white milk or Skim flavored</p> | <p>February 14 Ash Wednesday WG Macaroni & Cheese Or WG Cheese Quesadilla Corn Chickpea Salad Apricot 1% white milk or Skim flavored</p> | <p>February 15 WG Mini Corn Dogs (5) Or WG Chicken Quesadilla Fries Baked Beans Apple Crisp 1% white milk or Skim flavored</p> | <p>February 16 Cheese Pizza Or WG Cheese Quesadilla Romaine Salad Veggies & Dip Mixed Fruit WG Sunflower Cookie 1% white milk or Skim flavored</p> |
| <p>February 19 President's Day No School Today</p> | <p>February 20 WG French Toast w/Sausage Links Or Salisbury Steak w/WG Breadstick Potato Wedges Carrots & Dip Apple Slices 1% white milk or Skim flavored</p> | <p>February 21 WG Spaghetti w/ Meat Sauce Garlic Breadstick Or Salisbury Steak w/WG Breadstick Carrots Applesauce 1% white milk or Skim flavored</p> | <p>February 22 WG Crispy Chicken Sandwich Or Salisbury Steak w/WG Breadstick Mashed Potatoes & Gravy Green Beans Cherry Crisp 1% white milk or Skim flavored</p> | <p>February 23 Cheese Pizza Or WG Grilled Cheese Sandwich Romaine Salad Veggies & Dip Pears WG Sugar Cookie 1% white milk or Skim flavored</p> |
| <p>February 26 WG White Meat Chicken Nuggets Or WG Turkey & Cheddar Wrap Cinnamon Chips Green Beans, Fruit Salsa 1% white milk or Skim flavored Lucky Tray Day</p> | <p>February 27 National Strawberry Day WG Chocolate Chip Pancakes & Syrup w/Canadian Bacon Or WG Turkey & Cheddar Wrap Potato Roasters Carrots & Dip, Strawberries 1% white milk or Skim flavored</p> | <p>February 28 Ultimate Beef Nachos Or WG Turkey & Cheddar Wrap Red Beans & Rice Broccoli Pears 1% white milk or Skim flavored</p> | <p>March 1 Pepperoni Breadsticks w/Pizza Sauce Or WG Turkey & Cheddar Wrap Corn, Chickpea Salad Peach Crisp 1% white milk or Skim flavored</p> | <p>March 2 Cheese Pizza Or WG Cheese Quesadilla Romaine Salad Veggies & Dip Apricots WG Chocolate Chip Cookie 1% white milk or Skim flavored</p> |
| <p>March 5 Cheese Breadsticks w/Pizza Sauce Or WG Chicken Salad Sandwich Green Beans Peaches 1% white milk or Skim flavored</p> | <p>March 6 WG Waffle w/Sausage Links Or WG Chicken Salad Sandwich Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored</p> | <p>March 7 WG Rotini w/ Meatballs Garlic Breadstick Or WG Chicken Salad Sandwich Carrots Applesauce 1% white milk or Skim flavored</p> | <p>March 8 Cheeseburger/WG Bun Or WG Chicken Salad Sandwich Sweet Potatoes Fries Baked Beans Apricot Crisp 1% white milk or Skim flavored</p> | <p>March 9 Cheese Pizza Or WG Grilled Cheese Sandwich Romaine Salad Veggies & Dip Mixed Fruit WG Oatmeal Cookie 1% white milk or Skim flavored</p> |

3The "wg" on the menu indicates the product is "Whole Grain". Whole grains foods have many nutritional benefits including their fiber which helps to keep us full longer after eating them!

This institution is an equal opportunity Provider



Menus are subject to change.



Lunch Price
 Student.....\$3.50
 Adult.....\$3.55

Call your Food Service Manager - Cindy at 440- 564-7125 (Ask for cafeteria) or email at cwozniak@sthelen.com
 With any questions that you have regarding the menu or your students account.

Seasonal Fruit for February:
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

