

St. Helen Elementary Lunch Menu January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>January 1</u></p> <p>Happy New Year No School Today</p>	<p><u>January 2</u></p> <p>No School Today</p>	<p><u>January 3</u></p> <p>Ultimate Chicken Nachos Or WG BBQ Pork Sandwich Red Beans & Rice Broccoli Peaches 1% white milk or Skim flavored</p>	<p><u>January 4</u></p> <p>Hamburger/WG Bun Or WG BBQ Pork Sandwich Sweet Potatoes Fries Baked Beans Apricot Crisp 1% white milk or Skim flavored</p>	<p><u>January 5</u></p> <p>Pepperoni Pizza Or WG BBQ Pork Sandwich Romaine Salad Veggies & Dip Applesauce WG Oatmeal Cookie 1% white milk or Skim flavored</p>
<p><u>January 8</u></p> <p>Cheese Breadsticks w/Pizza Sauce Or WG Chicken Quesadilla Green Beans Strawberries 1% white milk or Skim flavored</p>	<p><u>January 9</u> National Apricot Day</p> <p>Pancakes & Syrup w/Canadian Bacon Or WG Chicken Quesadilla Potato Roasters Carrots & Dip, Apricot 1% white milk or Skim flavored</p>	<p><u>January 10</u></p> <p>WG Spaghetti w/ Meat Sauce/Garlic Breadstick Or WG Chicken Quesadilla Corn Pears 1% white milk or Skim flavored</p>	<p><u>January 11</u> National Milk Day</p> <p>WG Mini Corn Dogs (5) Or WG Chicken Quesadilla Fries Baked Beans Apple Crisp 1% white milk or Skim flavored</p>	<p><u>January 12</u></p> <p>Cheese Pizza Or WG Chicken Quesadilla Romaine Salad Veggies & Dip Mixed Fruit WG Sunflower Cookie 1% white milk or Skim flavored</p>
<p><u>January 15</u></p> <p>Martin Luther King Day No School Today</p>	<p><u>January 16</u></p> <p>WG French Toast w/Sausage Links Or WG Salisbury Steak Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored</p>	<p><u>January 17</u></p> <p>Ultimate Beef Nachos Or WG Salisbury Steak Red Beans & Rice Broccoli Peaches 1% white milk or Skim flavored</p>	<p><u>January 18</u></p> <p>WG Crispy Chicken Sandwich Or WG Salisbury Steak Mashed Potatoes & Gravy Green Beans Cherry Crisp 1% white milk or Skim flavored</p>	<p><u>January 19</u></p> <p>Pepperoni Pizza Or WG Salisbury Steak Romaine Salad Veggies & Dip Pears WG Sugar Cookie 1% white milk or Skim flavored</p>
<p><u>January 22</u></p> <p>WG Chicken Strips Or WG Turkey & Cheddar Wrap WG Chips & Salsa Green Beans Pears 1% white milk or Skim flavored</p> <p>Lucky Tray Day</p>	<p><u>January 23</u></p> <p>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><u>January 24</u></p> <p>WG Penne w/ Meatballs Garlic Breadstick Or WG Turkey & Cheddar Wrap Carrots Applesauce 1% white milk or Skim flavored</p>	<p><u>January 25</u></p> <p>Pepperoni Breadsticks w/Pizza Sauce Or WG Turkey & Cheddar Wrap Corn, Chickpea Salad Peach Crisp 1% white milk or Skim flavored</p>	<p><u>January 26</u></p> <p>Cheese Pizza Or WG Turkey & Cheddar Wrap Romaine Salad Veggies & Dip Apricots WG Chocolate Chip Cookie 1% white milk or Skim flavored</p>
<p><u>January 29</u></p> <p>WG White Meat Chicken Nuggets Or WG Chicken Salad Sandwich Mac & Cheese Pears Green Beans 1% white milk or Skim flavored</p>	<p><u>January 30</u></p> <p>WG Waffle w/Sausage Links Or WG Chicken Salad Sandwich Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored</p>	<p><u>January 31</u></p> <p>WG Rotini w/ Meatballs Garlic Breadstick Or WG Chicken Salad Sandwich Carrots Applesauce 1% white milk or Skim flavored</p>	<p><u>February 1</u></p> <p>Cheeseburger/WG Bun Or WG Chicken Salad Sandwich Sweet Potatoes Fries Baked Beans Apricot Crisp 1% white milk or Skim flavored</p>	<p><u>February 2</u></p> <p>Pepperoni Pizza Or WG Chicken Salad 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 January:
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

