

# St. Helen Elementary Lunch Menu September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>September 11</b>  <b>WG Chicken Strips</b>                      Or  <b>Cheeseburger/WG Bun</b>                      WG Chips &amp; Salsa                      Green Beans                      Pears                      1% white milk or Skim flavored</p>	<p><b>September 12</b>  <b>WG Waffles w/Sausage Links</b>                      Or  <b>Cheeseburger/WG Bun</b>                      Potato Triangle                      Carrots &amp; Dip                      Apple Slices                      1% white milk or Skim flavored</p>	<p><b>September 13</b>  <b>WG Rotini w/ Meatballs &amp; Garlic Breadstick</b>                      Or  <b>Cheeseburger/WG Bun</b>                      Peas                      Peaches                      1% white milk or Skim flavored</p>	<p><b>September 14</b>  <b>WG Mini Corn Dogs (5)</b>                      Or  <b>Cheeseburger/WG Bun</b>                      Tater Tots                      Baked Beans                      Apricots                      1% white milk or Skim flavored</p>	<p><b>September 15</b>  <b>Cheese Pizza</b>                      Or  <b>Cheeseburger/WG Bun</b>                      Romaine Salad                      Veggies &amp; Dip                      Applesauce                      WG Sunflower Cookie                      1% white milk or Skim flavored</p>
<p><b>September 18</b>  <b>WG White Meat Chicken Nuggets</b>                      Or  <b>WG Chicken Quesadilla</b>                      Cinnamon Chips                      Fruit Salsa                      Green Beans                      Chickpea Salad                      1% white milk or Skim flavored</p>	<p><b>September 19</b>  <b>WG Chocolate Chip Pancakes &amp; Syrup w/Canadian Bacon</b>                      Or <b>WG Chicken Quesadilla</b>                      Potato Roasters                      Carrots &amp; Dip                      Mandarin Oranges                      1% white milk or Skim flavored</p>	<p><b>September 20</b>  <b>Ultimate Chicken Nachos</b>                      Or  <b>WG Chicken Quesadilla</b>                      Red Beans &amp; Rice                      Broccoli                      Mixed Fruit                      1% white milk or Skim flavored</p>	<p><b>September 21</b>  <b>WG Crispy Chicken Sandwich</b>                      Or <b>WG Chicken Quesadilla</b>                      Sweet Potato Fries                      Corn                      WG Peach Crisp                      1% white milk or Skim flavored</p>	<p><b>September 22</b>  <b>Pepperoni Pizza</b>                      Or  <b>WG Chicken Quesadilla</b>                      Romaine Salad                      Veggies &amp; Dip                      Applesauce                      WG Sugar Cookie                      1% white milk or Skim flavored</p>
<p><b>September 25</b>  <b>Popcorn Chicken w/ Dipping Sauce</b>                      Or  <b>BBQ Chicken/WG Bun</b>                      Mashed Potatoes &amp; Gravy                      Green Beans                      Pears                      1% white milk or Skim flavored</p>	<p><b>September 26</b>  <b>WG French Toast w/Sausage Links</b>                      Or  <b>BBQ Chicken/WG Bun</b>                      Potato Triangle                      Carrots &amp; Dip                      Apple Slices                      1% white milk or Skim flavored</p>	<p><b>September 27</b>  <b>WG Spaghetti w/ Meat Sauce/Garlic Breadstick</b>                      Or  <b>BBQ Chicken/WG Bun</b>                      Romaine Salad                      Apricots                      1% white milk or Skim flavored</p>	<p><b>September 28</b>  <b>Hamburger/WG Bun</b>                      Or  <b>BBQ Chicken/WG Bun</b>                      Fries                      Baked Beans                      Apple Crisp                      1% white milk or Skim flavored</p>	<p><b>September 29</b>  <b>Cheese Pizza</b>                      Or  <b>BBQ Chicken/WG Bun</b>                      Carrots                      Veggies &amp; Dip                      Peaches                      WG Chocolate Chip Cookies                      1% white milk or Skim flavored</p>
<p><b>October 2</b>  <b>WG Rotini w/ Meatballs &amp; Garlic Breadstick</b>                      Or  <b>WG Chicken Fajita</b>                      Green Beans                      Applesauce                      1% white milk or Skim flavored</p>	<p><b>October 3</b>  <b>WG Pancakes &amp; Syrup w/Canadian Bacon</b>                      Or  <b>WG Chicken Fajita</b>                      Potato Roasters                      Carrots &amp; Dip                      Mandarin Oranges                      1% white milk or Skim flavored</p>	<p><b>October 4</b>  <b>Ultimate Beef Nachos</b>                      Or  <b>WG Chicken Fajita</b>                      Red Beans &amp; Rice                      Corn                      Peaches                      1% white milk or Skim flavored</p>	<p><b>October 5</b>  <b>Chicken &amp; Dumplings</b>                      Or  <b>WG Chicken Fajita</b>                      Carrots                      Chickpea Salad                      Cherry Crisp                      1% white milk or Skim flavored</p>	<p><b>October 6</b>  <b>Pepperoni Pizza</b>                      Or  <b>WG Chicken Fajita</b>                      Romaine Salad                      Veggies &amp; Dip                      Pears                      WG Oatmeal Cookie                      1% white milk or Skim flavored</p>
<p><b>October 9</b>  <b>WG Chicken Strips Or WG Grilled Chicken Wrap</b>                      WG Chips &amp; Salsa                      Green Beans                      Pears                      1% white milk or Skim flavored</p>	<p><b>October 10</b>  <b>WG Waffles w/Sausage Links Or WG Grilled Chicken Wrap</b>                      Potato Triangle                      Carrots &amp; Dip                      Apple Slices                      1% white milk or Skim flavored</p>	<p><b>October 11</b>  <b>WG Penne w/ Meatballs Garlic Breadstick Or WG Grilled Chicken Wrap</b>                      Carrots                      Applesauce                      1% white milk or Skim flavored</p>	<p><b>October 12</b>  <b>Pepperoni Breadsticks w/Pizza Sauce Or WG Grilled Chicken Wrap</b>                      Green Beans                      Veggies &amp; Dip                      Peach Crisp                      1% white milk or Skim flavored</p>	<p><b>October 13</b>  <b>No School Today</b></p>

The "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 August:**  
 Watermelon  
**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

