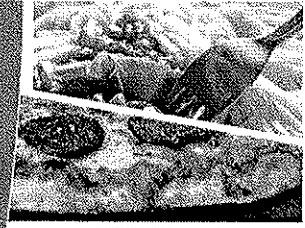


# St. Helen Elementary Lunch Menu November /December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>November 20</b> Popcorn Chicken w/ Dipping Sauce Or Cheeseburger/wg Bun Mashed Potatoes & Gravy Green Beans Pears 1% white milk or Skim flavored	<b>November 21</b> wg French Toast w/Sausage Links Or Cheeseburger/wg Bun Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored	<b>November 22</b> <b>No School Today</b>	<b>November 23</b> <b>Happy Thanksgiving</b> <b>No School Today</b>	<b>November 24</b> <b>No School Today</b>
<b>November 27</b> Cheese Breadsticks w/Pizza Sauce Or wg Chicken Quesadilla Green Beans Apricots 1% white milk or Skim flavored	<b>November 28</b> wg Pancakes & Syrup w/Canadian Bacon Or wg Chicken Quesadilla Potato Roasters Carrots & Dip Strawberries 1% white milk or Skim flavored	<b>November 29</b> wg Spaghetti w/ Meat Sauce/Garlic Breadstick Or wg Chicken Quesadilla Corn Pears 1% white milk or Skim flavored	<b>November 30</b> wg Mini Corn Dogs (5) Or wg Chicken Quesadilla Fries Baked Beans Apple Crisp 1% white milk or Skim flavored	<b>November 31</b> Cheese Pizza Or wg Chicken Quesadilla Romaine Salad Veggies & Dip Applesauce wg Sunflower Cookie 1% white milk or Skim flavored
<b>December 4</b> wg Chicken Strips Or wg BBQ Chicken Sandwich wg Chips & Salsa Green Beans Pears 1% white milk or Skim flavored	<b>December 5</b> wg French Toast w/Sausage Links Or wg BBQ Chicken Sandwich Tater Tots Carrots & Dip Apple Slices 1% white milk or Skim flavored	<b>December 6</b> Welcome Bishop Perez Pepperoni Pizza Romaine Salad Veggies Fruit wg Sugar Cookie 1% white milk or Skim flavored	<b>December 7</b> Hamburger/wg Bun Or wg BBQ Chicken Sandwich Sweet Potatoes Baked Beans Apricot Crisp 1% white milk or Skim flavored	<b>December 8</b> Ultimate Beef Nachos Or wg BBQ Chicken Sandwich Red Beans & Rice Broccoli Peaches 1% white milk or Skim flavored
<b>Lucky Tray Day</b>				
<b>December 11</b> wg White Meat Chicken Nuggets Or wg Chicken Fajita Cinnamon Chips Fruit Salsa Green Beans Chickpea Salad 1% white milk or Skim flavored	<b>December 12</b> wg Chocolate Chip Pancakes & Syrup w/Canadian Bacon Or wg Chicken Fajita Potato Roasters Carrots & Dip Strawberries 1% white milk or Skim flavored	<b>December 13</b> wg Penne w/ Meatballs Garlic Breadstick Or wg Chicken Fajita Carrots Applesauce 1% white milk or Skim flavored	<b>December 14</b> Pepperoni Breadsticks w/Pizza Sauce Or wg Chicken Fajita Corn Apricots 1% white milk or Skim flavored	<b>December 15</b> National Cupcake Day Cheese Pizza Or wg Chicken Fajita Romaine Salad Veggies & Dip Peaches wg Cupcake 1% white milk or Skim flavored
<b>December 18</b> wg Crispy Chicken Sandwich Or wg BBQ Pork Sandwich Sweet Potato Fries Green Beans Mixed Fruit 1% white milk or Skim flavored	<b>December 19</b> <b>Christmas Dinner</b>	<b>December 20</b> <b>Merry Christmas</b> <b>No School Today</b>	<b>December 21</b> <b>No School Today</b>	<b>December 22</b> <b>No School Today</b>

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 December:  
 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

