

2023



St. Helen Lunch Menu for Aug./Sept.

Lunch Prices

Student.....\$4.00

Adult.....\$4.85

Please make checks out to:

"St Helen School"

All Student lunches

come with:

1% white milk or skim
flavored milk

Salads

*Crispy Chicken, Chef,
Grilled Chicken or
Taco* Salad....\$4.00*

A La Carte

Ice Cream Novelty .95

Assorted Milk .80

** Cheesebuger 2.00 Assorted*

Snacks .60- 1.00

Seasonal Fruit for September:

Watermelon

Call Cindy @ 440-564-7125 or
email at cwozniak@sthelen.com
With any questions that you may
have.

***All ground beef is local pasture
raised provided by Voytko Farms.**

This institution is an equal
opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Chicken Nuggets or Chicken & Dumplings green beans nacho chips & salsa peaches	29 Pancakes w/Canadian Bacon or Chicken & Dumplings carrots & dip potato wedges apple slices	30 Ultimate Beef Nacho* or Chicken & Dumplings black beans & rice corn applesauce	31 No School	1 No School
4 No School	5 Waffles w/ Sausage or Grilled Cheese Sandwich carrots & dip potato triangle strawberries	6 Spaghetti w/Meatsauce* & Garlic Breadstick or Grilled Cheese Sandwich corn pears	7 Loaded Baked Potato/ Cornbread or Grilled Cheese Sandwich/Fries baked beans apple crisp	8 Pepperoni Pizza or Grilled Cheese Sandwich romaine salad veggies & dip apricots
11 Popcorn Chicken or Chicken Quesadilla green beans mashed potatoes & gravy applesauce	12 Chocolate Chip Pancakes w/ Sausage or Chicken Quesadilla carrots & dip diced potatoes apple slices	13 Penne w/ Meatballs & Garlic Breadstick or Chicken Quesadilla peas peaches	14 Cheese Breadsticks or Chicken Quesadilla chickpea salad tater tots blueberry crisp	15 Cheese Pizza or Chicken Quesadilla romaine salad veggies & dip mixed fruit
18 Chicken Strips or BBQ Pork Sandwich green beans cinnamon chips fruit salsa	19 French Toast w/ Sausage or BBQ Pork Sandwich carrots & dip potato wedges strawberries	20 Ultimate Chicken Nacho or BBQ Pork Sandwich black beans and rice broccoli pears	21 Beef Taco* or BBQ Pork Sandwich baked beans fries peach crisp	22 Pepperoni Pizza or BBQ Pork Sandwich romaine salad veggies & dip apricots
25 Chicken Sandwich or Chicken Fajita green beans sweet potato fries fruit salsa	26 Pancakes w/ Sausage or Chicken Fajita carrots & dip diced potatoes apple slices	27 Rotini w/ Meatballs & Garlic Breadstick or Chicken Fajita peas peaches	28 Mini Corn Dogs or Chicken Fajita baked beans fries apple crisp	29 Pepperoni Pizza or Chicken Fajita romaine salad veggies & dip mixed fruit