

2018



St. Helen Lunch Menu for November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Strips or Hot Ham Sandwich green beans nacho chips & salsa apricots	30 Pancakes w/Canadian Bacon or Hot Ham Sandwich carrots & dip potato triangle apple slices	31 Halloween Rotini w/ Meatballs & Garlic Breadstick or Hot Ham Sandwich peas pears	1 All Saints Day Cheeseburger or Hot Ham Sandwich baked beans tater tots cherry crisp	2 All Souls Day Cheese Pizza or Hot Ham Sandwich romaine salad veggies & dip mixed fruit
5 Chicken Nuggets or Chicken Quesadilla cinnamon chips green beans fruit salsa	6 Picture Retake	7 Ultimate Beef Nacho or Chicken Quesadilla red beans & rice broccoli pears	8 Chicken Parmesan Sandwich or Chicken Quesadilla corn fries apricot crisp	9 Pepperoni Pizza or Chicken Quesadilla romaine salad veggies & dip applesauce
12 Popcorn Chicken or Turkey Wrap green beans mashed potato & gravy pears	13 Chocolate Chip Pancakes w/ Canadian Bacon or Turkey Wrap carrots & dip potato triangle apple slices	14 Spaghetti w/ Meat sauce & Garlic Breadstick or Turkey Wrap carrots applesauce	15 Lucky Tray Day Pepperoni Breadsticks or Turkey Wrap chickpea salad sweet potato fries apple crisp	16 Cheese Pizza or Turkey Wrap romaine salad veggies & dip apricots
19 Ultimate Chicken Nacho or BBQ Pork Sandwich red beans and rice corn peaches	20 Waffles w/ Sausage Patty or BBQ Pork Sandwich carrots & dip potato roasters strawberries	21 No School	22 Happy Thanksgiving	23 No School
26 Chicken Strips or Chicken Fajita green beans nacho chips & salsa apricots	27 Pancakes w/Canadian Bacon or Chicken Fajita carrots & dip potato triangle apple slices	28 Penne w/ Meatballs & Garlic Breadstick or Chicken Fajita carrots peaches	29 Mini Corn Dogs or Chicken Fajita baked beans tater tots peach crisp	30 Pepperoni Pizza or Chicken Fajita romaine salad veggies & dip mixed fruit

Lunch Prices

Student.....\$3.50

Adult.....\$

All Student lunches

come with:

- 1% white milk or skim flavored milk

Salads

- Crispy Chicken, Chef, Grilled Chicken or Taco Salad....\$3.50

A La Carte

- Ice Cream Novelty .85- 1.00
- Assorted Milk .75
- Spicy or Regular Chicken Sandwich 1.75
- Assorted Snacks .50- 1.00

Seasonal Fruit for November:

apples

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

This institution is an equal opportunity provider