

2023



St. Helen Lunch Menu for Nov/Dec

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 November:
 Seasonal Fresh Fruit**

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
6 Chicken Nuggets or BBQ Pork Sandwich mixed vegetables nacho chips & salsa pears	7 Chocolate Chip Pancakes w/ Sausage Links or BBQ Pork Sandwich carrots & dip potato triangle apple slices	8 Spaghetti w/ Meatsauce & Garlic Breadstick or BBQ Pork Sandwich corn applesauce	9 Beef Taco or BBQ Pork Sandwich baked beans fries apricots	10 Cheese Pizza or BBQ Pork Sandwich romaine salad veggies & dip mixed fruit
13 Popcorn Chicken or Grilled Cheese Sandwich green beans mashed potatoes & gravy applesauce	14 French Toast w/ Sausage or Grilled Cheese Sandwich carrots & dip potato wedges strawberries	15 Ultimate Beef Nacho or Grilled Cheese Sandwich black beans and rice broccoli peaches	16 Parm Chicken Sandwich or Grilled Cheese Sandwich baked beans fries peach crisp	17 Pepperoni Pizza or Grilled Cheese Sandwich romaine salad veggies & dip apricots
20 Cheese Breadsticks or Turkey Wrap green beans sweet potato fries mixed fruit	21 Cheese Pizza or Turkey Wrap romaine salad veggies & dip peaches	22 No School	23 Happy Thanksgiving	24 No School
27 Crispy Chicken Sandwich or Chicken Quesadilla mixed veggies tater tots pears	28 Pancakes w/Canadian Bacon or Chicken Quesadilla carrots & dip diced potatoes apricots	29 Ultimate Chicken Nacho or Chicken Quesadilla black beans and rice peas peaches	30 Mini Corn Dogs or Chicken Quesadilla baked beans mac & cheese blueberry crisp	1 Pepperoni Pizza or Chicken Quesadilla romaine salad veggies & dip applesauce
4 Chicken Strips or Chicken & Dumplings green beans fries pears	5 Waffles w/ Sausage or Chicken & Dumplings carrots & dip potato wedges strawberries	6 Penne w/ Meatballs & Garlic Breadstick or Chicken & Dumplings carrots peaches	7 Loaded Baked Potato w/cornbread or Chicken & Dumplings w/ fries baked beans blueberry crisp	8 Cheese Pizza or Chicken & Dumplings romaine salad veggies & dip mixed fruit