

# 2020



# St. Helen Lunch Menu for November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Nuggets or Chicken Fajita green beans nacho chips & salsa pears	<b>3</b> Waffles w/ Sausage or Chicken Fajita carrots & dip diced potatoes strawberries	<b>4</b> Spaghetti w/ Meatsauce & Garlic Breadstick or Chicken Fajita carrots peaches	<b>5</b> Crispy Chicken Sandwich or Chicken Fajita baked beans sweet potato fries peach crisp	<b>6</b> Cheese Pizza or Chicken Fajita romaine salad veggies & dip mixed fruit
<b>9</b> Chicken Strips or Grilled Cheese Sandwich green beans cinnamon chips fruit salsa	<b>10</b> Chocolate Chip Pancakes w/ Canadian Bacon or Grilled Cheese Sandwich carrots & dip potato triangle apple slices	<b>11</b> Ultimate Beef Nacho or Grilled Cheese Sandwich red beans and rice broccoli peaches	<b>12</b> Chicken Parm Sandwich or Grilled Cheese Sandwich carrots tater tots blueberry crisp	<b>13</b> Pepperoni Pizza or Grilled Cheese Sandwich romaine salad veggies & dip applesauce
<b>16</b> Popcorn Chicken or Chicken & Dumplings green beans mashed potatoes & gravy apricots	<b>17</b> French Toast w/ Sausage or Chicken & Dumplings carrots & dip potato wedges strawberries	<b>18</b> Penne w/ Meatballs & Garlic Breadstick or Chicken & Dumplings corn peaches	<b>19</b> Mini Corn Dogs or Chicken & Dumplings baked beans fries cherry crisp	<b>20</b> Cheese Pizza or Chicken & Dumplings romaine salad veggies & dip mixed fruit
<b>23</b> Chicken Nuggets or Turkey Wrap green beans nacho chips & salsa pears	<b>24</b> Pancakes w/Canadian Bacon or Turkey Wrap carrots & dip diced potatoes apple slices	<b>25</b> No School	<b>26</b> Happy Thanksgiving	<b>27</b> No School
<b>30</b> Chicken Strips or BBQ Pork Sandwich green beans cinnamon chips fruit salsa	<b>1</b> Waffles w/ Sausage or BBQ Pork Sandwich carrots & dip potato triangles strawberries	<b>2</b> Rotini w/ Meatballs & Garlic Breadstick or BBQ Pork Sandwich peas pears	<b>3</b> Loaded Baked Potato w/corn bread or BBQ Pork Sandwich w/ Fries baked beans blueberry crisp	<b>4</b> Cheese Pizza or BBQ Pork Sandwich romaine salad veggies & dip mixed fruit

Lunch Prices

Student.....\$ \*FREE

Adult.....\$3.55 wo/drink

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....\$ \*FREE*

### A La Carte

*Assorted Milk .75*

*Cheeseburger 1.75*

*\*Student Lunches Are Free  
Until the end of the school year.*

### Seasonal Fruit for October:

Seasonal Fresh Fruit

Call Cindy @ 440-564-7125 or  
email at [cwozniak@sthelen.com](mailto:cwozniak@sthelen.com)  
With any questions that you may  
have.

This institution is an equal  
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