

2024



St. Helen Lunch Menu for Oct

Lunch Prices
 Student.....\$ 4.00
 Adult.....\$4.85

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Crispy Chicken Sandwich or Turkey Wrap green beans nacho chips & salsa peaches	1 French Toast w/ Sausage or Turkey Wrap carrots & dip diced potatoes strawberries	2 Rotini w/ Meatballs & Garlic Breadstick or Turkey Wrap peas apricots	3 Loaded Baked Potato w/corn bread or Turkey Wrap w/fries baked beans blueberry crisp	4 Cheese Pizza or Turkey Wrap romaine salad veggies & dip mixed fruit
7 Chicken Strips or Grilled Cheese Sandwich green beans/chickpea cinnamon chips fruit salsa	8 Pancakes w/Sausage or Grilled Cheese Sandwich carrots & dip potato wedges apricots	9 Ultimate Beef Nacho* or Grilled Cheese Sandwich red beans and rice broccoli applesauce	10 Mini Corn Dogs or Grilled Cheese Sandwich carrots fries peach crisp	11 Pepperoni Pizza or Grilled Cheese Sandwich romaine salad veggies & dip mixed fruit
14 Chicken Nuggets or Chicken Quesadilla green beans nacho chips & salsa peaches	15 Waffles w/ Sausage or Chicken Quesadilla carrots & dip diced potatoes strawberries	16 Spaghetti w/ *Meatsauce & Garlic Breadstick or Chicken Quesadilla carrots pears	17 Beef Tacos* or Chicken Quesadilla baked beans fries peach crisp	18 Cheese Pizza or Chicken Quesadilla romaine salad veggies & dip mixed fruit
21 Popcorn Chicken or Chicken Fajita green beans mashed potatoes & gravy applesauce	22 Chocolate Chip Pancakes w/Sausage or Chicken Fajita carrots & dip potato wedges apple slices	23 Ultimate Chicken Nacho or Chicken Fajita black beans and rice broccoli pears	24 Cheese Breadstick or Chicken Fajita baked beans sweet potato fries blueberry crisp	25 Pepperoni Pizza or Chicken Fajita romaine salad veggies & dip mixed fruit
28 No School	29 French Toast w/ Sausage or BBQ Pork Sandwich carrots & dip diced potatoes strawberries	30 Penne w/ Meatballs & Garlic Breadstick or BBQ Pork Sandwich corn peaches	31 Loaded Baked Potato w/corn bread or BBQ Pork w/ nacho chips baked beans blueberry crisp	1 Cheese Pizza or BBQ Pork Sandwich romaine salad veggies & dip mixed fruit

Please make checks out to:

"St Helen"

**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
 * Cheeseburger 2.00
 Assorted Snacks .60- 1.00*

Seasonal Fruit for October:

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.