

2020



St. Helen Lunch Menu for October

Lunch Prices

Student.....\$ *FREE

Adult \$3.55 w/o/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 Dec. 31 unless federal funds become depleted.

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.

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Popcorn Chicken or Chicken Fajita green beans mashed potato & gravy apricots	29 Pancakes w/Canadian Bacon or Chicken Fajita carrots & dip diced potatoes apple slices	30 Spaghetti w/ Meatsauce & Garlic Breadstick or Chicken Fajita carrots pears	1 Cheese Pizza or Chicken Fajita romaine salad veggies & dip peaches	2 No School
5 Chicken Nuggets or Grilled Cheese Sandwich green beans nacho chips & salsa pears	6 Waffles w/ Sausage or Grilled Cheese Sandwich carrots & dip potato triangles strawberries	7 Ultimate Beef Nacho or Grilled Cheese Sandwich red beans and rice broccoli peaches	8 Pepperoni Pizza or Grilled Cheese Sandwich romaine salad veggies & dip applesauce	9 No School
12 Chicken Parm Sandwich or Sloppy Joe Sandwich green beans tater tots apricots	13 Chocolate Chip Pancakes w/ Canadian Bacon or Sloppy Joe Sandwich carrots & dip diced potatoes apple slices	14 Penne w/ Meatballs & Garlic Breadstick or Sloppy Joe Sandwich corn peaches	15 Mini Corn Dogs or Sloppy Joe Sandwich baked beans fries cherry crisp	16 Cheese Pizza or Sloppy Joe Sandwich romaine salad veggies & dip mixed fruit
19 Chicken Strips or BBQ Pork Sandwich green beans cinnamon chips fruit salsa	20 French Toast w/ Sausage or BBQ Pork Sandwich carrots & dip tater tots strawberries	21 Ultimate Chicken Nacho or BBQ Pork Sandwich black beans and rice broccoli applesauce	22 Crispy Chicken Sandwich or BBQ Pork Sandwich baked beans sweet potato fries peach crisp	23 Pepperoni Pizza or BBQ Pork Sandwich romaine salad veggies & dip mixed fruit
26 Popcorn Chicken or Chicken Quesadilla green beans mashed potatoes & gravy apricots	27 Pancakes w/Canadian Bacon or Chicken Quesadilla carrots & dip potato triangles apple slices	28 Rotini w/ Meatballs & Garlic Breadstick or Chicken Quesadilla peas pears	29 Loaded Baked Potato w/corn bread or Chicken Quesadilla w/ nacho chips baked beans blueberry crisp	30 Cheese Pizza or Chicken Quesadilla romaine salad veggies & dip mixed fruit