

2022



St. Helen Lunch Menu for Sept/Oct

Lunch Prices

Student....\$ 3.50

Adult \$4.05

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....\$ 3.50*

A La Carte

*Ice Cream Novelty .85
Assorted Milk .75
* Cheeseburger 1.75
Assorted Snacks .50- 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Chicken Nuggets or Chicken Fajita green beans nacho chips & salsa apricots	20 Pancakes w/Canadian Bacon or Chicken Fajita carrots & dip potato triangle apple slices	21 Spaghetti w/ *Meatsauce & Garlic Breadstick or Chicken Fajita corn pears	22 Loaded Baked Potato w/corn bread or Chicken Fajita w/nacho chips baked beans blueberry crisp	23 Cheese Pizza or Chicken Fajita romaine salad veggies & dip peaches
26 Chicken Strips or Grilled Cheese Sandwich green beans/chickpea cinnamon chips fruit salsa	27 Waffles w/ Sausage or Grilled Cheese Sandwich carrots & dip potato wedges strawberries	28 Ultimate Beef Nacho* or Grilled Cheese Sandwich red beans and rice broccoli peaches	29 Crispy Chicken Sandwich or Grilled Cheese Sandwich baked beans fries cherry crisp	30 Pepperoni Pizza or Grilled Cheese Sandwich romaine salad veggies & dip applesauce
3 Popcorn Chicken or *Sloppy Joe Sandwich green beans mashed potatoes & gravy apricots	4 Chocolate Chip Pancakes w/ Canadian Bacon or *Sloppy Joe Sandwich carrots & dip potato triangle apple slices	5 Penne w/ Meatballs & Garlic Breadstick or *Sloppy Joe Sandwich peas peaches	6 Beef Taco* or *Sloppy Joe Sandwich baked beans sweet potato fries peach crisp	7 Cheese Pizza or *Sloppy Joe Sandwich romaine salad veggies & dip mixed fruit
10 Crispy Chicken Sandwich or Turkey Wrap green beans nacho chips & salsa pears	11 French Toast w/ Sausage or Turkey Wrap carrots & dip diced potatoes strawberries	12 Ultimate Chicken Nacho or Turkey Wrap black beans and rice broccoli applesauce	13 Mini Corn Dogs or Turkey Wrap baked beans fries cherry crisp	14 Pepperoni Pizza or Turkey Wrap romaine salad veggies & dip mixed fruit
17 Cheese Breadstick or Chicken Quesadilla green beans tater tots applesauce	18 Pancakes w/Canadian Bacon or Chicken Quesadilla carrots & dip potato triangle apple slices	19 Rotini w/ Meatballs & Garlic Breadstick or Chicken Quesadilla carrots pears	20 Loaded Baked Potato w/corn bread or Chicken Quesadilla w/ nacho chips baked beans blueberry crisp	21 Cheese Pizza or Chicken Quesadilla romaine salad veggies & dip mixed fruit