

2023



St. Helen Lunch Menu for Oct

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 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
2 Chicken Nuggets or Turkey Wrap mixed veggies nacho chips & salsa apricots	3 Waffles w/ Sausage or Turkey Wrap carrots & dip potato triangle strawberries	4 Spaghetti w/ *Meatsauce & Garlic Breadstick or Turkey Wrap corn pears	5 Loaded Baked Potato w/corn bread or Turkey Wrap w/fries baked beans blueberry crisp	6 Cheese Pizza or Turkey Wrap romaine salad veggies & dip peaches
9 Chicken Strips or Grilled Cheese Sandwich green beans/chickpea cinnamon chips fruit salsa	10 Chocolate Chip Pancakes w/Sausage or Grilled CheeseSandwich carrots & dip potato wedges apple slices	11 Ultimate Beef Nacho* or Grilled CheeseSandwich red beans and rice broccoli peaches	12 Beef Tacos* or Grilled CheeseSandwich carrots sweet potato fries peach crisp	13 Pepperoni Pizza or Grilled CheeseSandwich romaine salad veggies & dip applesauce
16 Popcorn Chicken or *Sloppy Joe Sandwich green beans mashed potatoes & gravy apricots	17 French Toast w/ Sausage or *Sloppy Joe Sandwich carrots & dip diced potatoes strawberries	18 Penne w/ Meatballs & Garlic Breadstick or *Sloppy Joe Sandwich peas peaches	19 Cheese Pizza or *Sloppy Joe Sandwich romaine salad veggies & dip applesauce	20 No School
23 Crispy Chicken Sandwich or Chicken Fajita mixed veggies nacho chips & salsa pears	24 Pancakes w/Canadian Baconor Chicken Fajita carrots & dip potato wedges apple slices	25 Ultimate Chicken Nacho or Chicken Fajita black beans and rice broccoli applesauce	26 Mini Corn Dogs or Chicken Fajita baked beans fries peach crisp	27 Pepperoni Pizza or Chicken Fajita romaine salad veggies & dip mixed fruit
30 Cheese Breadstick or Chicken Quesadilla green beans tater tots applesauce	31 Waffles w/ Sausage or Chicken Quesadilla carrots & dip diced potatoes strawberries	1 Rotini w/ Meatballs & Garlic Breadstick or Chicken Quesadilla carrots pears	2 Loaded Baked Potato w/corn bread or Chicken Quesadilla w/ nacho chips baked beans blueberry crisp	3 Cheese Pizza or Chicken Quesadilla romaine salad veggies & dip mixed fruit