



St. Helen School Lunch Menu October 2007



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MILK IS SERVED WITH ALL HOT LUNCHES	1 L.C. Pepperoni Pizza Salad, Rice Fruit	2 Sweet & sour Chicken over Rice or Pasta Fruit Dixie Cup	3 Turkey on Croissant w/ Cheese, Lettuce & Chips 8 oz school Soup Fresh Fruit	4 Goulash or Buttered Pasta Corn Fruit	5 Hot Dogs French Fries Fruit	6
	7	8 L.C. Pepperoni Pizza Vegetable Rice Fruit	9 Rib-B-Que Veggies & Dip Chips Fruit	10 Mac & Cheese or plain pasta 2 ham strips Green Beans Fruit	11 Hamburgs Veggies & Dip Chips Fruit	12 Chicken Nuggets French Fries Fruit
14	15 L.C. Pepperoni Pizza Salad Fruit	16 Hot Dogs Fritos Fresh Fruit	17 Popcorn Chicken Mashed Potatoes & gravy Corn, Cheese Bread & Butter Fruit	18 Taco Rice or Buttered Rice Chips & Salsa Fruit Sherbet	19 HALF DAY TEACHER IN-SERVICE IN PM	20
21	22 L.C. Pepperoni Pizza Vegetable Rice Fruit	23 Baked Spaghetti Salad Fruit	24 Chicken Sandwich Cheesy Potatoes Fruit	25 P & J Pocket Buttered Pasta Carrot Stix Fruit	26 Chicken Nuggets French Fries Fruit	27
28	29 L.C. Pepperoni Pizza Salad Rice Fruit	30 Mock Lasagna Green Beans Roll Fruit	31 Hot Dog Hash Brown Fruit & Snacks Happy Halloween	1 Sloppy Joes Chips Veggies & Dip Fruit	2 School Pizza Buttered Pasta Salad Fruit	