

Our Mother of Perpetual Help School

November 2025 Lunch Menu

All lunches include choice of: 1% Chocolate or Fat Free White Milk.

**Lunch prices: Students: \$3.25, Adults \$4.50, Milk (purchased separately) \$.50
srife@omph.org**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	4. WGR Fish Sticks Green Beans Cucumber w/Ranch Peaches WGR Cookie	5. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	6. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	7. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
10. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	11. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	12. Ground Beef w/WGR Macaroni & Mexican Seasonings WW Dinner Roll Corn Celery w/Ranch Applesauce	13. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	14. WGR Macaroni & Cheese Peas & carrots Crunchy Bonzo Beans Mixed Fruit Mandarin Oranges
17. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Mandarin Oranges	18. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	19. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Crunchy Bonzo Beans Applesauce	20. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Pears Apple Juice	21. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
24. Bacon, Egg and Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	25. Early Dismissal No Lunch Served	26. No School Thanksgiving Break	27. Happy Thanksgiving!	28. No School Thanksgiving Break

WW=whole wheat

WGR=whole grain

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December 2025 Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. No School Thanksgiving Break	2. Turkey Sausage Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	3. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	4. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	5. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges
8. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	9. WGR Spaghetti with Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	10. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	11. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	12. Fish Filet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
15. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	16. WW Hot Dog Roll-Up Corn Carrots w/Ranch Peaches WGR Cookie	17. Hamburger on WW Roll Baked Beans Cucumber w/Ranch Pickles Applesauce	18. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	19. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit
22. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	23. Early Dismissal No Lunch Served	24. Merry Christmas Eve	25. Merry Christmas	26. Christmas Break
29. Christmas Break	30. Christmas Break	31. New Years Eve No School		

WGR-wholegrain WW- whole wheat

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January 2025 Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Happy New Year 2026	2. Holiday No School
5. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	6. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	7. BBQ Pulled Pork on a WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	8. Turkey Sub on WW Roll Baked Beans Cucumbers w/Ranch Orange Apple Juice	9. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
12. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	13. Beef Tacos on WGR Shells w/Lettuce and Tomato Salsa Carrots Celery w/ Ranch Peaches Apple	14. Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	15. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges	16. Early Dismissal No Lunch Served
19. No School Martin Luther King, Jr. Day	20. WGR Spaghetti w/ Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	21. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	22. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	23. Fish Fillet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
26. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumbers w/Ranch Pears	27. WW Hot Dog Roll-Up Corn Carrots w/Ranch Peaches WGR Cookie	28. Hamburger on WW Roll Baked Beans Cucumbers w/Ranch Pickles Applesauce	29. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	30. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit

WGR-wholegrain WW- whole wheat

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February 2026 Lunch Menu

All lunches include choice of: 1% Chocolate or Fat Free White Milk.

Lunch prices: Students: \$3.25, Adults \$4.50, Milk (purchased separately) \$.50

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	3. WRG Fish Sticks Green Beans Cucumbers w/Ranch Peaches WGR Cookie	4. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	5. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	6. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
9. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	10. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	11. Ground Beef w/WGR Macaroni WW Dinner Roll Corn Celery w/Ranch Applesauce	12. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	13. Early Dismissal No Lunch Served
16. President's Day No School	17. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	18. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	19. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Orange Apple Juice	20. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapples
23. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	24. Beef Tacos on WGR Shells w/Lettuce & Tomatoes Salsa Carrots Celery w/Ranch Peaches Apple	25. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	26. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	27. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges

WGR-wholegrain WW- whole wheat

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March 2026 Lunch Menu

All lunches include choice of: 1% Chocolate or Fat Free White Milk.

**Lunch prices: Students: \$3.25, Adults: \$4.50, Milk (purchased separately) \$.50
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	3. WGR Spaghetti w/ Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	4. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	5. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	6. Early Dismissal No Lunch Served
9. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	10. WW Hot Dog Roll-up Corn Carrots w/Ranch Peaches WGR Cookie	11. Hamburger on WW Roll Baked Beans Cucumber w/Ranch Pickles Applesauce	12. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	13. No School
16. WGR Chicken Nuggets WW Dinner Roll Seasoned Garbanzo Beans Pears	17. WGR Fish Sticks Green Beans Cucumber w/Ranch Peaches WGR Cookie	18. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	19. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	20. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
23. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	24. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	25. Ground Beef w/WGR Macaroni (w/Mexican Seasonings) WW Dinner Roll Corn Celery w/Ranch Applesauce	26. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	27. WGR Macaroni & Cheese Peas & Carrots Crunchy Bonzo Beans Mixed Fruit Mandarin Oranges
30. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	31. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie			

Our Lady of Perpetual Help School

April 2026 Lunch Menu

All lunches include choice of: 1% Chocolate or Fat Free White Milk.

Lunch prices: Students: \$3.25, Adults: \$4.50, Milk (purchased separately) \$.50

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Early Dismissal No Lunch Served	2. Holy Thursday No School	3. Good Friday No School
6. Easter Monday No School	7. Beef Tacos on WGR Shells w/Lettuce and Tomato Salsa Carrots Celery w/Ranch Peaches Apple	8. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapples WGR Cookie	9. Yogurt Soft Pretzels Cheese Stick Corn Side Salad Orange Grape Juice	10. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges
13. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	14. WGR Spaghetti w/Meat sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	15. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	16. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	17. Fish Filet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
20. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	21. WW Hot Dog Roll Up Corn Carrots w/Ranch Peaches WGR Cookie	22. Hamburger on WW Roll Baked Beans Cucumbers w/Ranch Pickles Applesauce	23. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	24. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit
27. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	28. WGR Fish Sticks Green Beans Cucumbers w/Ranch Peaches WGR Cookie	29. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	30. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	

WW=whole wheat WGR=whole grain Menu subject to change based on availability

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May/June 2026 Lunch Menu

All lunches include choice of: 1% Chocolate or Fat Free White Milk.

**Lunch prices: Students: \$3.25, Adults \$4.50, Milk (purchased separately) \$.50
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
4. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	5. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	6. Ground Beef w/WGR Macaroni (with Mexican Seasonings) Dinner Roll Corn Celery w/Ranch Applesauce	7. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	8. WGR Macaroni & Cheese Peas & carrots Crunchy Bonzo Beans Mixed Fruit Mandarin Oranges
11. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	12. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	13. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	14. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Orange Apple Juice	15. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
18. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	19. Beef Tacos on WGR Shells w/lettuce & Tomato Salsa Carrots Celery w/Ranch Peaches Apple	20. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	21. Early Dismissal No Lunch Served	22. No School Memorial Day Break
25. No School Memorial Day	26. WGR Spaghetti w/Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	27. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	28. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	29. Fish Filet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
June 1. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	2. Hamburger on WW Roll Baked Beans Cucumber w/Ranch Applesauce WGR Cookie	3. Last Day Of School No Lunch Served	Have a Great Summer! Be Safe!	