#### Our Mother of Perpetual Help School November 2025 Lunch Menu

All lunches include choice of: 1% Chocolate or Fat Free White Milk. Lunch prices: \$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

#### Our Mother of Perpetual Help School December 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. No	2. Turkey Sausage Egg & Cheese on WW	3. WGR Mini Corn	4. Yogurt Soft Pretzel	5. WGR Pizza Peas
	English Muffin	Green Beans	Cheese Stick	Carrots w/Ranch
School	Crunchy Bonzo Beans	Broccoli w/Ranch	Corn	Mixed Fruit
Thanksgiving	Broccoli	Applesauce	Side Salad	Mandarin Oranges
Break	Pears	Pineapple	Orange	
	Mandarin Oranges	WGR Cookie	Grape Juice	
8. Hot Ham & Cheese	9. WGR Spaghetti	10. Hamburger BBQ	11. Beef Ravioli	12. Fish Filet on WW
on WW Roll	with Meat Sauce	on WW Roll	Cheese Stick	Roll
Sweet Potato Fries	WW Dinner Roll	Baked Beans	WW Dinner Roll	Oven French Fries
Celery w/Ranch	Peas	Broccoli	Green Beans	Corn
Pears	Carrots w/Ranch	Applesauce	Cucumber w/Ranch	Mixed Fruit
Pineapples	Peaches	Mandarin Oranges	Orange	Pineapples
	Apple		Apple Juice	WGR Cookie
15. WGR Chicken	16. WW Hot Dog	17. Hamburger on	18. Chicken & Gravy	19. WW Pancakes
Tenders	Roll-Up	WW Roll	over WGR Noodles	Turkey Sausage Patty
WGR Brown Rice	Corn	Baked Beans	WW Dinner Roll	Carrots
Broccoli	Carrots w/Ranch	Cucumber w/Ranch	Peas	Broccoli w/Ranch
Cucumber w/Ranch	Peaches	Pickles	Celery w/Ranch	Mixed Fruit
Pears	WGR Cookie	Applesauce	Orange Juice	
22. WGR Chicken	23.	24.	25.	26.
Nuggets	Early	Merry	Merry	Christmas
WW Dinner Roll	Dismissal	Christmas	Christmas	Break
Corn		_	Christmas	break
Seasoned Garbanzo Beans	No Lunch	Eve		
Pears	Served			
1 541 5	<i>361 V64</i>			
29.	30.	31.		
Christmas	Christmas	New Years		
Break	Break	Eve		
2. 00.11	2. 34.,			
		No		
		School		

WGR-wholegrain WW- whole wheat

# Our Mother of Perpetual School January 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
			1.	2.
			Happy New	Holiday
			Year 2026	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

# Our Mother of Perpetual Help School 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 srife@omph.org

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

#### Our Mother of Perpetual Help School 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 srife@omph.org

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1.	2.	3.
		Early	Holy	Good
		Dismissal	Thursday	Friday
		No Lunch	No	No
		Served	School	School
6. Easter Monday No	7. Beef Tacos on WGR Shells w/Lettuce and Tomato Salsa Carrots	8. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch	9. Yogurt Soft Pretzels Cheese Stick Corn Side Salad	10. WGR Pizza Peas Carrots w/Ranch Mixed Fruit
School	Celery w/Ranch Peaches Apple	Applesauce Pineapples WGR Cookie	Orange Grape Juice	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

### Our Mother of Perpetual Help School 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 srife@omph.org

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!	