

Our Mother of Perpetual Help School

August 2026 Lunch Menu

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

Lunch prices: Students: **\$3.75** Adults: **\$5.00** Milk (purchased separately) \$.75.
cafeteria@omph.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
24.	25.	26. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	27. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	28. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
31. Bacon, Egg and Cheese on English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges				

WW=whole wheat WGR=whole grain

Our Mother of Perpetual Help School

September 2026 Lunch Menu

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

Lunch prices: Students: **\$3.75** Adults: **\$5.00**. Milk (purchased separately) \$.75
cafeteria@omph.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Mini Corn Dogs Green beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	2. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	3. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges	4. No School Labor Day Holiday
7. No School Labor Day Holiday	8. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	9. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	10. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	11. Fish Fillet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
14. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumbers w/Ranch Pears	15. Hamburger on WW Roll Baked Beans Carrots w/Ranch Pickles Applesauce	16. No School	17. Chicken & Gravy over WW Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	18. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit
21. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	22. WGR Fish Sticks Green Beans Cucumbers w/Ranch Peaches WGR Cookie	23. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	24. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	25. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
28. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumbers w/Ranch Pears	29. WGR Chicken on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	30. Ground Beef w/WGR Macaroni WW Dinner Roll Corn Celery w/Ranch Applesauce		

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October 2026 Lunch Menu

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

Lunch prices: Students: \$3.75, Adults: \$5.00, Milk (purchased separately) \$.75

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	2. WGR Macaroni & Cheese Peas & Carrots Crunchy Bonzo Beans Mixed Fruit Mandarin Oranges
5. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	6. BBQ Pulled Pork on a WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	7. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapples	8. Early Dismissal No Lunch Served	9. No School Columbus Day Holiday
12. Columbus Day No School	13. Bacon, Egg and Cheese on English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	14. Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapples WGR Cookie	15. Yogurt Soft Pretzels Cheese Stick Corn Side Salad Orange Grape Juice	16. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges
19. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	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 Filet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
26. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber 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

WW=whole wheat WGR=whole grain

Our Mother of Perpetual Help School

November 2026 Lunch Menu

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

**Lunch prices: Students: \$3.75, Adults \$5.00, Milk (purchased separately) \$.75
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	3. WGR Fish Sticks Green Beans Cucumber 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 & Mexican Seasonings 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. WGR Macaroni & Cheese Peas & carrots Crunchy Bonzo Beans Mixed Fruit Mandarin Oranges
16. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Mandarin Oranges	17. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	18. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Crunchy Bonzo Beans Applesauce	19. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Pears Apple Juice	20. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
23. Beef Tacos on WGR Shells w/lettuce & Tomatoes Salsa Carrots Celery w/Ranch Peaches Orange Juice	24. Early Dismissal No Lunch Served	25. No School Thanksgiving Break	26. Happy Thanksgiving!	27. No School Thanksgiving Break
30. No School Thanksgiving Break				

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Our Mother of Perpetual Help School

December 2026 Lunch Menu

All lunches include choice of: 1% Chocolate or 1% White Milk.
Lunch prices: Students: \$3.75, Adults \$5.00, Milk (purchased separately) \$.75
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	2. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	3. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	4. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges
7. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	8. WGR Spaghetti with Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	9. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	10. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	11. Fish Filet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
14. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	15. WW Hot Dog Roll-Up Corn Carrots w/Ranch Peaches WGR Cookie	16. Hamburger on WW Roll Baked Beans Cucumber w/Ranch Pickles Applesauce	17. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	18. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit
21. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	22. WGR Fish Sticks Green Beans Cucumbers w/Ranch Peaches WGR Cookie	23. Early Dismissal No Lunch Served	24. Merry Christmas Eve	25. Christmas Day
28. Christmas Break	29. Christmas Break	30. Christmas Break	31. New Years Eve No School	

WGR-wholegrain WW- whole wheat

Our Mother of Perpetual School

January 2027 Lunch Menu

All lunches include choice of: 1% Chocolate or 1% White Milk.
Lunch prices: Students: \$3.75, Adults \$5.00, Milk (purchased separately) \$.75
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Happy New Year
4. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	5. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	6. BBQ Pulled Pork on a WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	7. Turkey Sub on WW Roll Baked Beans Cucumbers w/Ranch Orange Apple Juice	8. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
11. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	12. Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	13. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	14. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges	15. Early Dismissal No Lunch Served
18. No School Martin Luther King, Jr. Day	19. WGR Spaghetti w/ Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	20. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	21. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	22. Fish Fillet on WW Roll Oven French Fries Corn Mixed Fruit Pineapples WGR Cookie
25. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumbers w/Ranch Pears	26. WW Hot Dog Roll-Up Corn Carrots w/Ranch Peaches WGR Cookie	27. Hamburger on WW Roll Baked Beans Cucumbers w/Ranch Pickles Applesauce	28. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	29. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit

WGR-wholegrain WW- whole wheat

Our Mother of Perpetual Help School

February 2027 Lunch Menu

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

Lunch prices: Students: \$3.75, Adults \$5.00, Milk (purchased separately) \$.75
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	2. WRG Fish Sticks Green Beans Cucumbers w/Ranch Peaches WGR Cookie	3. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	4. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	5. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
8. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	9. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	10. WGR Macaroni & Cheese Peas & Carrots Crunchy Bonzo Beans Applesauce Mandarin Oranges Ash Wednesday	11. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	12. Early Dismissal No Lunch Served
15. President's Day No School	16. Oven Baked Chicken WW Dinner Roll Mashed Potatoes Green Beans Pears	17. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	18. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Orange Apple Juice	19. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapples
22. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	23. Beef Tacos on WGR Shells w/Lettuce & Tomatoes Salsa Carrots Celery w/Ranch Peaches Apple	24. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	25. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	26. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges

WGR-wholegrain WW- whole wheat

Our Mother of Perpetual Help School

March 2027 Lunch Menu

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

**Lunch prices: Students: \$3.75, Adults: \$5.00, Milk (purchased separately) \$.75
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	2. WGR Spaghetti w/ Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	3. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	4. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	5. Early Dismissal No Lunch Served
8. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	9. WW Hot Dog Roll- up Corn Carrots w/Ranch Peaches WGR Cookie	10. Hamburger on WW Roll Baked Beans Cucumber w/Ranch Pickles Applesauce	11. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	12. WW Pancakes Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit
15. WGR Chicken Nuggets WW Dinner Roll Seasoned Garbanzo Beans Pears	16. WGR Fish Sticks Green Beans Cucumber w/Ranch Peaches WGR Cookie	17. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	18. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	19. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit
22. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	23. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	24. Early Dismissal No Lunch Served	25. Holy Thursday	26. Good Friday
29. Easter Monday	30. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	31. BBQ Pulled Pork on a WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce		

Our Lady of Perpetual Help School

April 2027 Lunch Menu

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

**Lunch prices: Students: \$3.75, Adults: \$5.00, Milk (purchased separately) \$.75
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Orange Applesauce	2. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
5. Bacon, Egg and Cheese on an English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	6. Beef Tacos on WGR Shells w/Lettuce and Tomato Salsa Carrots Celery w/Ranch Peaches Apple	7. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapples WGR Cookie	8. Yogurt Soft Pretzels Cheese Stick Corn Side Salad Orange Grape Juice	9. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges
12. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	13. WGR Spaghetti w/Meat sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	14. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	15. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	16. Early Dismissal No Lunch Served
19. WGR Chicken Tenders WGR Brown Rice Broccoli Cucumber w/Ranch Pears	20. WW Hot Dog Roll Up Corn Carrots w/Ranch Peaches WGR Cookie	21. Hamburger on WW Roll Baked Beans Cucumbers w/Ranch Pickles Applesauce	22. Chicken & Gravy over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Orange Juice	23. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit
26. WGR Chicken Nuggets WW Dinner Roll Corn Seasoned Garbanzo Beans Pears	27. WGR Fish Sticks Green Beans Cucumbers w/Ranch Peaches WGR Cookie	28. Turkey & Cheese on WW Roll Tater Tots Broccoli Applesauce Mandarin Oranges	29. Chipped Steak on WW Roll Tomato Sauce Peas Ranch Potato Wedges Grape Juice	30. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit

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

Our Mother of Perpetual Help School

May/June 2027 Lunch Menu

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

**Lunch prices: Students: \$3.75, Adults \$5.00, Milk (purchased separately) \$.75
cafeteria@omph.org**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Meatballs w/Tomato Sauce on WW Roll Green Beans Cucumber w/Ranch Pears	4. WGR Chicken Sandwich on WW Roll Sweet Potato Fries Broccoli w/Ranch Peaches	5. Ground Beef w/WGR Macaroni (with Mexican Seasonings) Dinner Roll Corn Celery w/Ranch Applesauce	6. Turkey Hot Dog on WW Roll Mashed Potatoes Carrots w/Ranch Orange Juice WGR Cookie	7. WGR Macaroni & Cheese Peas & carrots Crunchy Bonzo Beans Mixed Fruit Mandarin Oranges
10. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Pears	11. Egg Salad on WW Bread Vegetable Soup Carrots w/Ranch Peaches WGR Cookie	12. BBQ Pulled Pork on WW Roll WGR Brown Rice Peas Celery w/Ranch Applesauce	13. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Orange Apple Juice	14. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Mixed Fruit Pineapple
17. Bacon, Egg & Cheese on WW English Muffin Crunchy Bonzo Beans Broccoli Pears Mandarin Oranges	18. Beef Tacos on WGR Shells w/lettuce & Tomato Salsa Carrots Celery w/Ranch Peaches Apple	19. WGR Mini Corn Dogs Green Beans Broccoli w/Ranch Applesauce Pineapple WGR Cookie	20. Yogurt Soft Pretzel Cheese Stick Corn Side Salad Orange Grape Juice	21. WGR Pizza Peas Carrots w/Ranch Mixed Fruit Mandarin Oranges
24. Hot Ham & Cheese on WW Roll Sweet Potato Fries Celery w/Ranch Pears Pineapples	25. WGR Spaghetti w/Meat Sauce WW Dinner Roll Peas Carrots w/Ranch Peaches Apple	26. Hamburger BBQ on WW Roll Baked Beans Broccoli Applesauce Mandarin Oranges	27. Beef Ravioli Cheese Stick WW Dinner Roll Green Beans Cucumber w/Ranch Orange Apple Juice	28. Early Dismissal No Lunch Served
31. Memorial Day. Thank You to All That Served!	June 1. 8th Grade Graduation No School Lunch Served	2. Hamburger on WW Roll Baked Beans Cucumber w/Ranch Applesauce WGR Cookie	3. WW Pancakes Turkey Sausage Patty Carrots Broccoli w/Ranch Mixed Fruit	4. Last Day Of School Early Dismissal No Lunch Served