

1% white, non-fat choc milk,  
juice & water served with  
breakfast along with a variety of  
fruit, yogurt, and grains.

# November 2016

## ~Helix Breakfast & Lunch Menu~

1% white & non-fat chocolate  
milk Served with lunch along  
with a variety of fruits, grains,  
& vegetables.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>This institution is an equal opportunity provider.</i>			1 Breakfast-Breakfast Burrito Lunch-Turkey Subs	2 Breakfast-Cereal Lunch-Orange Chicken & Rice	3 Breakfast-Muffins Lunch-Haystacks	4 NO SCHOOL	5 Salad Bar available For grades 5-12 & staff.
6	7 Breakfast-Breakfast Bar Lunch-Hot Dogs	8 Breakfast-Pancakes Lunch-Chicken Fajitas	9 Breakfast-Cereal Lunch-Chicken Parmesan	10 Breakfast-Biscuits & Gravy Lunch-Beef Tacos	11 NO SCHOOL	12	
13	14 Breakfast-French Toast Lunch-Corn Dogs	15 Breakfast-Breakfast Burrito Lunch-Meatloaf, Steak Fries	16 Breakfast-Cereal Lunch-Chicken Sand.	17 Breakfast-Muffin Lunch-Hawaiian Pizza	18 Breakfast-Cereal Lunch-Hamburgers French Fries	19	
20	21 Breakfast-Breakfast Bar Lunch-BBQ Chicken Roasted Potatoes	22 Breakfast-Pancakes Lunch-Ham & Cheese Sandwich	23 Breakfast-Cereal Lunch-Chicken Wraps	24 HAPPY THANKSGIVING	25 NO SCHOOL	26	
27	28 Breakfast-French Toast Lunch-Terryaki Chicken & Rice	29 Breakfast-Breakfast Burrito Lunch-Baked Potatoes	30 Breakfast-Cereal Lunch-Hamburgers				Menu is subject To change due to Scheduling or Availability.