

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

December 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
This institution is an equal opportunity provider.				1 Breakfast-Muffins Lunch-Taco Soup	2 Breakfast-Cereal Lunch-Pasta with Meat Sauce	3 Salad Bar available For grades 5-12 & staff.
5	5 Breakfast-Breakfast Bar Lunch-Hot Dogs	6 Breakfast-Pancakes Lunch-Chicken Fajitas	7 Breakfast-Cereal Lunch-Chicken Parmesan	8 Breakfast-Biscuits & Gravy Lunch-Beef Tacos	9 Breakfast-Cereal Lunch Sweet & Sour Meatballs, Rice	10
11	12 Breakfast-French Toast Lunch-Corn Dogs	13 Breakfast-Breakfast Burrito Lunch-Meatloaf, Steak Fries	14 Breakfast-Cereal Lunch-Chicken Sand.	15 Breakfast-Muffin Lunch-Pepperoni Pizza	16 Breakfast-Cereal Lunch-Chicken Enchiladas	17
18	19 Breakfast-Breakfast Bar Lunch-BBQ Chicken Roasted Potatoes	20 Breakfast-Pancakes Lunch-Chicken Wraps NO SALAD BAR	21 Breakfast-Cereal Lunch-Chicken Sand.	22	23	24
25	26 MERRY CHRISTMAS	27	28	29	30	Menu is subject To change due to Scheduling or Availability.