

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

# October 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 Salad Bar available For grades 5-12 & staff.
2	3 Breakfast-Breakfast Bar Lunch-Hot Dogs	4 Breakfast-Pancakes Lunch-Chicken Fajitas	5 Breakfast-Cereal Lunch-Chicken Parmesan	6 Breakfast-Biscuits & Gravy Lunch-Beef Tacos	7 Breakfast-Cereal Lunch-Sweet & Sour Meatballs & Rice	8
9	19 Breakfast-French Toast Lunch-Corn Dogs	11 Breakfast-Breakfast Burrito Lunch-Meatloaf, Steak Fries	12 Breakfast-Cereal Lunch-Chicken Sand.	13 Breakfast-Muffin Lunch-Pepperoni Pizza	14 No School	15
16	17 Breakfast-Breakfast Bar Lunch-BBQ Chicken Roasted Potatoes	18 Breakfast-Pancakes Lunch-Ham & Cheese Sandwich	19 Breakfast-Cereal Lunch-Chicken Wraps	20 Breakfast-Biscuits & Gravy Lunch-Taco Salad	21 Breakfast-Cereal Lunch-Fish Fillet Sandwich	22
23	24 French Toast Terryaki Chicken, Rice 31 Pancakes, Chic Gravy, Potatoes	25 Breakfast-Breakfast Burrito Lunch-Baked Potatoes	26 Breakfast-Cereal Lunch-Chicken Burritos	27 Breakfast-Muffins Lunch-Taco Soup	28 Breakfast-Cereal Lunch-Pasta w/ Meat Sauce	29 Menu is subject to change upon availability and scheduling.