



NOVEMBER 2018

Fuel every day with your school breakfast & lunch!

HELENDALE SCHOOL DISTRICT BREAKFAST/LUNCH MENU

HSD Breakfast \$ 1.90 Reduced \$.30

HES Lunch \$ 3.00 Reduced \$.40

RMS Lunch \$3.50 ACE \$3.55 Reduced \$.40



THURSDAY

FRIDAY

Blueberry Café Square
General Tso's Chicken Bowl or Bacon Cheeseburger

Chicken Biscuit
Pepperoni Pizza

1

2

Lemon Scone
Chicken Tenders or Mac & Cheese

Pancake & Sausage Stick★

Smart Slice Pepperoni Pizza★

8

9

Biscuit & Gravy
Teriyaki Chicken Bowl or Combo Burrito

Banana Chocolate Chip Café Square

Thanksgiving Meal

15

16

OFFERED DAILY

Cold 1% Low-Fat Milk
Cold Non-Fat Chocolate Milk



A Variety of 10-12 Different Fruits & Veggies
Enjoy 1 or 2 with every meal!

**Not in the mood for menu items?
We have additional entrée options for you!**

Breakfast

Assorted Cereal

Lunch

PB&J
Deli Sandwiches



Fall Break November 19th through 23rd

Apply Online for Free/Reduced Benefits
[@family.titank12.com](http://family.titank12.com)

MONDAY

Breakfast Burrito

Chicken Patty Sandwich or Hamburger

5

Non-Attendance Day
Veteran's Day
Holiday

12

TUESDAY

Bagel w/Cream Cheese

Bean & Cheese Burrito or Philly Cheese Steak Sandwich

6

Blueberry Muffin

Chicken Patty Sandwich or Meatloaf Sandwich

13

WEDNESDAY

English Muffin Sandwich

Orange Chicken or Hot off the Grilled Cheese

7

Mini Sausage Biscuit Sandwich

Pepperoni Pizza

14

Breakfast Bun

Pulled Pork Sandwich★ or Grilled Chicken Ciabatta

26

Blueberry Bagel w/Cream Cheese

Country Bowl or Cheeseburger

27

Breakfast Pizza★

Cafe Chili Beans or Teriyaki Beef Bowl

28

Chocolate Chip Scone

Chicken Nuggets or Meaty Spaghetti

29

Cheese Omelet & Toast

Wild Mike's Cheese Pizza

30