






HELENDALE SCHOOL DISTRICT SEPTEMBER MENU 2016 ELEMENTARY

Fuel every day with your..... School Breakfast & Lunch

Breakfast Prices \$1.90 – Paid \$0.30 – Reduced

Lunch Prices \$3.00 – Paid \$0.40 – Reduced \$4.75

1% Low Fat Milk & Non-Fat Chocolate Milk offered daily -\$0.40, Adult Milk - \$0.55

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Orange-Cranberry Muffin or Cereal Fresh Fruit & Veggies Café Pasta or Chef Salad Fresh Fruit & Veggies	2 Maple Filled Breadstick or Cereal Fresh Fruit & Veggies Cheesy Breadsticks or Pizza Fresh Fruit & Veggies
5 Non-Attendance Day Labor Day Holiday	6 Bagel w/Cream Cheese or Cereal Fresh Fruit & Veggies Pork Chop Sandwich* or Meatball Sub Fresh Fruit & Veggies	7 Blueberry Snack'n Waffle or Cereal Fresh Fruit & Veggies Chicken Pinto Bowl or Bean & Cheese Burrito Fresh Fruit & Veggies	8 Zucchini-Carrot Loaf or Cereal Fresh Fruit & Veggies Chicken Alfredo or Chicken Salad Fresh Fruit & Veggies	9 Mini Sausage Biscuit Sandwich or Cereal Fresh Fruit & Veggies Italian Garlic Dog or Pizza Sliders Fresh Fruit & Veggies
12 Blueberry Bagel or Cereal Fresh Fruit & Veggies Breakfast for Lunch or Mini Corndogs Fresh Fruit & Veggies	13 Egg & Cheese Sandwich or Cereal Fresh Fruit & Veggies Chicken Sandwich or Combination Burrito Fresh Fruit & Veggies	14 Chocolate Chip Muffin or Cereal Fresh Fruit & Veggies Teriyaki Chicken Bowl or Hamburger Fresh Fruit & Veggies	15 Jamwich or Cereal Fresh Fruit & Veggies Pasta w/Meat Sauce or Chef Salad Fresh Fruit & Veggies	16 Breakfast Bar or Cereal Fresh Fruit & Veggies Grilled Cheese Sandwich or Sicilian Pizza Fresh Fruit & Veggies
19 Cinnamon Raisin Bagel or Cereal Fresh Fruit & Veggies Hamburger or Rib-B-Q Sandwich Fresh Fruit & Veggies	20 Mini Blueberry Pancakes or Cereal Fresh Fruit & Veggies Chicken Pinto Bowl or Chicken Burrito Fresh Fruit & Veggies	21 Biscuit & Gravy or Cereal Fresh Fruit & Veggies Hot Dog or Deluxe Nachos Fresh Fruit & Veggies	22 Pancake & Sausage Stick or Cereal Fresh Fruit & Veggies Chicken Alfredo or Chicken Salad Fresh Fruit & Veggies	23 Omelet w/Sausage & Toast or Cereal Fresh Fruit & Veggies Café Chicken Potato Bake or Cheese Pizza Fresh Fruit & Veggies
26 Bagel w/Cream Cheese or Cereal Fresh Fruit & Veggies Meatball Sub or Rib-B-Q Sandwich Fresh Fruit & Veggies	27 Eggstravaganza w/Toast or Cereal Fresh Fruit & Veggies Chicken Sandwich or Combination Burrito Fresh Fruit & Veggies	28 Strawberry Mini Bagels or Cereal Fresh Fruit & Veggies Orange Chicken Bowl or Cheeseburger Fresh Fruit & Veggies	29 Egg & Cheese Sandwich or Cereal Fresh Fruit & Veggies Deluxe Nachos or Pasta w/Meat Sauce Fresh Fruit & Veggies	30 Chocolate Chip or Cereal Fresh Fruit & Veggies Domino's Pizza Fresh Fruit & Veggies

APPLY FOR FREE/REDUCED MEALS ONLINE Find the link at www.lunchapplication.com.

Applications are available in the school cafeterias, in school offices, and the District Office. For questions or concerns regarding your child's meal status and/or account, contact the District Office at (760) 952-1180. You can now pay your accounts online at www.k12paymentcenter.com or continue to pay in the school offices or cafeterias.

Menus are subject to change without notice.
*Contains Pork Products

In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, sexual orientation, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave., S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.