



JANUARY 2019

HELENDALE SCHOOL DISTRICT BREAKFAST/LUNCH

Fuel every day with your school breakfast & lunch!

HSD Breakfast \$1.90 Reduced \$.30 HES Lunch \$3.00 Reduced \$.40

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



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!

Breakfast

Assorted Cereal



Lunch

PB&J
Deli Sandwiches



MONDAY

Mini Uncrustable

Chicken Patty Sandwich
or
Hamburger 7

Biscuit & Gravy ★

Chicken Patty Sandwich
or
Meatloaf Sandwich 14

Non-Attendance Day
Martin Luther King,
Jr. Holiday



21

Picnic Sausage Biscuit ★

Taco Nada
or
Mini Cheeseburger Sliders 28

TUESDAY

Cinnamon Crumb Square

Bean & Cheese Burrito
or
Philly Cheese Steak 8

Bagel w/Cream Cheese

Cheese Flauqito
or
Café Beef Quesadilla 15

Blueberry Muffin

Grilled Chicken Ciabatta
or
Cheeseburger 22

Cinnamon Raisin Bagel & Cream Cheese

Turkey Panini
or
Combo Burrito 29

WEDNESDAY

English Muffin Sandwich

Orange Chicken
or
Grilled Cheese Sandwich 9

Mini Uncrustable

Teriyaki Chicken Bowl
or
Cheesy Lasagna Roll-Up 15

Breakfast Pizza

Cafe Chili Beans & Baked Scoops
or
Meatball & Cheese Sub 23

Ham, Egg & Cheese Sandwich

Sweet & Sour Chicken Bowl
or
Cheesy Pillow Pull-Aparts

THURSDAY

Lemon Scone

Chicken Tenders
or
Meaty Rotini Pasta

Banana Chocolate Chip Café Square

Beacon Cheesy Breadsticks
or
Chicken Alfredo 17

Chocolate Chip Scone

Chicken Nuggets
or
Meaty Penne Pasta 24

Yogurt & Granola

Corn Dog
or
Chili Mac

FRIDAY

Pancake & Sausage Stick ★

Pepperoni Pizza ★

Sausage Breakfast Sandwich

Pepperoni Pizza Wedge ★

18

Cheese Omelet & Toast

Pepperoni Pizza ★

25

Important Info....

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

Contact Food Services at www.khenderson@helendalesd.com or at 760-952-1204