

HELIAS HIGH SCHOOL

Fresh Ideas for Lunch

| AUGUST | | | | |
|---|--|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | 1 | 2 | 3 | 4 |
| 7 | 8 | 9 | 10 | 11 |
| 14 | 15 | 16 Pasta Alfredo with Chicken Breast Hot Pockets Au Gratin Potatoes Green Beans Breadsticks | 17 Rib on a Bun Spicy Chicken Sandwich Mashed Potatoes & Gravy Broccoli Fried Okra | 18 Burritos Crispitos Beans Mixed Veggies Corn |
| 21 Meatball Sub Sloppy Joe Onion Rings Green Beans Steamed Carrots | 22 Spicy Chicken Sandwich Stromboli Twice Baked Potato Mixed Veggies Buttered Peas | 23 Beefy Mac & Cheese Pork Fritter Sandwich Tater Tots Corn Green Beans | 24 Soft Tacos Beef Ravioli Baked Potato Peas Corn | 25 Fish Sandwich Chili Dog Oven Roasted Potatoes Mixed Veggies Broccoli |
| 28 Country Fried Steak BBQ Pork on a Bun Mashed Potatoes & Gravy Green Beans Corn | 29 Chef's Choice Sweet & Sour Chicken Rice Pilaf Buttered Peas Mixed Veggies | 30 Lasagna Steak Fingers Oven Roasted Potatoes Glazed Carrots Bread Sticks | 31 Mini Corn Dogs Spaghetti Scalloped Potatoes Broccoli Corn |  |

Nutrition Tip: Choose fruits and vegetables. Fruits and vegetables are like hitting the jackpot when it comes to nutrition.

Contact: jforck@freshideasfood.com | Online: www.freshideasllc.com/menus/helias
All Fresh Ideas menus are subject to change due to product shortage or program needs.

