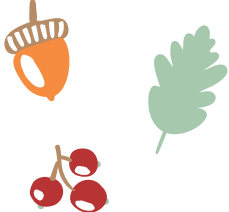

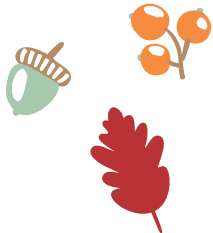



HELIAS HIGH SCHOOL

Fresh Ideas for Lunch

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Fish Shapes Spicy Chicken Sandwich Tater Nuggets Buttered Peas Mixed Vegetables
4 No School	5 Roast Turkey Ribette Sandwich Mashed Potatoes & Gravy Corn	6 Country Fried Steak Spicy Chicken Sandwich Oven Roasted Potatoes Broccoli Buttered Peas	7 Hard Tacos Hot Pockets Tater Tots Baked Beans Steamed Carrots	8 Mini Corn Dog Fish Baked Potato Wedges Mixed Veggies Corn
11 No School	12 Chicken Pot Pie Pork Fritter Sandwich Mashed Potatoes Buttered Peas Green Beans	13 Biscuits & Gravy Sausage Hashbrown Scrambled Eggs	14 Meat Loaf Spicy Chicken Sandwich Mashed Potatoes & Gravy Peas Fried Okra	15 Taco Pie Crisпитos Potato Wedges Mixed Veggies Corn
18 Meatball Sub Sloppy Joe Onion Rings Green Beans Steamed Carrots	19 Spicy Chicken Sandwich Stromboli Twice Baked Potato Steamed Carrots Buttered Peas	20 Beef Goulash Hot Pockets Tater Tots Corn Green Beans	21 Soft Tacos Beef Ravioli Spanish Rice Broccoli Corn	22 Fish Sandwich Chili Dog Oven Roasted Potatoes Mixed Veggies Broccoli
25 Country Fried Steak BBQ Pork on a Bun Mashed Potatoes & Gravy Green Beans California Vegetables	26 Cheese Tortellini Sweet & Sour Chicken Rice Pilaf Buttered Peas Corn	27 Lasagna Pork Fritter Sandwich Oven Roasted Potatoes Glazed Carrots Breadsticks	28 Mini Corn Dogs Spaghetti Scalloped Potatoes Broccoli Corn	29 No School

Nutrition Tip: Do you know what kind of fuel your body needs? Our bodies need minerals, vitamins, fiber, fats and protein every day. Each of these foods has a different purpose.

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.

