



# Hughes-Elizabeth Lakes Union School District – 2018/2019 Lunch Cycle Menu

<i>Served the week of:</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
08/20/18 09/24/18 10/29/18 12/10/18 02/04/19 03/11/19 04/22/19 05/27/19	Breaded Chicken Tenders with Macaroni & Cheese or Cheese Pizza Baby Carrots Produce Patch Fruit Cup Choice of Milk	Orange Chicken Bowl with Brown Rice or Turkey & Cheese Sandwich Celery & Jicama Sticks Produce Patch Fresh Fruit Choice of Milk	Pizza Bagel or Hamburger on a Bun Seasoned Corn Produce Patch Fruit Juice Choice of Milk	Cheese Enchiladas or Egg & Cheese Burrito Refried Beans Produce Patch Dried Fruit Choice of Milk	Chicken Sandwich or Cheese Stuffed Breadsticks with Sauce Carrots & Celery Sticks Produce Patch Fresh Fruit Choice of Milk
08/27/18 10/01/18 11/05/18 01/07/19 02/11/19 03/25/19 04/29/19 06/03/19	Chicken Pasta Alfredo or Pepperoni Pizza Pocket Baby Carrots Produce Patch Fruit Cup Choice of Milk	Grilled Cheese Sandwich or Bean & Cheese Burrito Carrots & Celery Sticks Produce Patch Fresh Fruit Choice of Milk	<b>BRUNCH</b> French Toast Sticks or Pancake on a Stick Triangle Tater Fruit/Veg Juice Blend Fresh Fruit Choice of Milk	Turkey Taco Pocket or Chile Cheese Quesadilla Pinto & Red Beans Produce Patch Dried Fruit Choice of Milk	Cheeseburger Sliders or Ham & Cheese Sandwich Jicama Sticks Produce Patch Fruit Cup Choice of Milk
09/03/18 10/08/18 11/12/18 01/14/19 02/18/19 04/01/19 05/06/19 06/10/19	Chicken Sandwich or Cheese Stuffed Breadsticks with Sauce Carrots & Celery Sticks Produce Patch Fresh Fruit Choice of Milk	Teriyaki Beef & Broccoli Bowl with Brown Rice or PB & J Sandwich Baby Carrots Produce Patch Fruit Juice Choice of Milk	French Bread Pizza or Turkey & Cheese Sandwich Green Beans Produce Patch Fruit Cup Choice of Milk	Chili Beans with Cheese or Egg & Cheese Burrito Tostitos Scoops Seasoned Corn Produce Patch Fresh Fruit Choice of Milk	Smokie Grill Hoagie or Jumbo Corn Dog Baked Beans Produce Patch Fruit Cup Choice of Milk
09/10/18 10/15/18 11/26/18 01/21/19 02/25/19 04/08/19 05/13/19	Bean & Cheese Burrito or Ham & Cheese Sandwich Celery & Jicama Sticks Produce Patch Dried Fruit Choice of Milk	Breaded Chicken Tenders with Macaroni & Cheese or Cheese Pizza Baby Carrots Produce Patch Fruit Cup Choice of Milk	<b>BRUNCH</b> Sunrise Sandwich or Pizza Bagel Triangle Tater Fruit/Veg Juice Blend Fresh Fruit Choice of Milk	Chile Cheese Quesadilla or Turkey Taco Pocket Pinto & Red Beans Produce Patch Fruit Cup Choice of Milk	Hamburger on a Bun or Pepperoni Pizza Pocket Cherry SideKick Produce Patch Fresh Fruit Choice of Milk
09/17/18 10/22/18 12/03/18 01/28/19 03/04/19 04/15/19 05/20/19	Beef-A-Roni w/ Breadstick or Cheeseburger Sliders Carrots & Jicama Sticks Produce Patch Fresh Fruit Choice of Milk	Teriyaki Chicken Bowl with Brown Rice or Peanut Butter & Jelly Sandwich Produce Patch Fruit Juice Choice of Milk	Jumbo Corndog or Smokie Grill Hoagie BBQ Beans Produce Patch Fruit Cup Choice of Milk	Turkey & Gravy Bowl with Warm Roll or Grilled Cheese Sandwich Green Beans Produce Patch Dried Fruit Choice of Milk	Fish Sandwich or French Bread Pizza Baby Carrots Produce Patch Sidekick Slushy Choice of Milk

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This institution is an equal opportunity provider.

The 2018-2019 HELUS Student Menu reflects guidelines as much as preference and taste! Food Services offers Students two entrée choices each day to select from in addition to their daily side items. Our menus bring the best of whole grains, lean proteins and those important fruits and vegetables that help students learn and grow. We encourage students to take advantage of the Produce Patch. The “Patch” is a self-service bar with fresh salad greens and other daily fruit and vegetable selections to add variety and “food experience” to the lunch tray. Please visit our website for more information at [food.avhsd.org](http://food.avhsd.org).

**Food Services has gone “cashless!” We no longer accept cash payments or checks:  
Please pay in advance for school meals at [www.myschoolbucks.com](http://www.myschoolbucks.com)**

**Lunch Price - \$3.50**

**MENU IS SUBJECT TO CHANGE**