



Hughes-Elizabeth Lakes Union School District – 2019-2020 Lunch Cycle Menu

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/26/19 09/30/19	Pasta Alfredo/Queso & Breadstick French Bread Pizza	Chicken Tacos Grilled Cheese Sandwich	BRUNCH Chicken & Waffles Bean & Cheese Burrito	General Tso's Chicken Bowl with Brown Rice PB&Jelly	Hamburger Cheesy Breadsticks Seasoned Corn
11/04/19 12/16/19	Garden Salad Baby Carrots	Pinto & Red Beans Celery & Jicama	Crispy Sweet Tater Tots Vegetable Juice Fresh Fruit	Asian Vegetable Blend Broccoli Garden Salad Fresh Fruit	Baby Carrots Fresh Fruit Choice of Milk
02/10/20 03/16/20	Fruit Cup Choice of Milk	Fresh Fruit Choice of Milk	Choice of Milk	Choice of Milk	
04/27/20 06/01/20					
09/02/19 10/07/19	Roasted Chicken with Warm Roll	Carnitas Tacos Pizza Pocket	Stuffed Crust Pizza Smokie Grill Sandwich	Chicken Bowl with Brown Rice Asian Vegetable Blend	Crispy Chicken Filet Sandwich Tuna Sandwich
11/11/19 01/13/20	Ham & Cheese Sandwich Garlic Mashed Potatoes	Refried beans Vegetable Juice	Garden Salad Cherry Tomatoes/Cucumber	Turkey & Cheese Sandwich Broccoli	Seasoned Corn Celery & Jicama
02/17/20 03/30/20	Roasted Butternut Squash Fresh Fruit	Fresh Fruit Choice of Milk	Frozen Fruit Cup Choice of Milk	Garden Salad Fresh Fruit Choice of Milk	Fruit Cup Choice of Milk
05/04/20	Choice of Milk				
09/09/19 10/14/19	Turkey and Gravy Cheesy Meatloaf Sandwich	Pizza Pocket Turkey & Cheese Sandwich	BRUNCH Pancakes & Sausage Bean & Cheese Burrito	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend	Cheesy Breadsticks Jumbo Corn Dog
11/18/19 01/20/20	Mashed Potatoes Roasted Butternut Squash	BBQ Beans Celery & Jicama	Sweet Potato Tots Vegetable Juice Fresh Fruit	Cheeseburger Slider Broccoli Garden Salad Fresh Fruit	Seasoned Corn Baby Carrots Fruit Cup
02/24/20 04/06/20	Fresh Fruit Choice of Milk	Fruit Cup Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
05/11/20					
09/16/19 10/21/19	Cuban Sandwich Ham & Cheese Sandwich	Fish tacos Grilled Cheese	Bistro Pizza Burrito	BBQ Teriyaki Chicken Bowl with Brown Rice Asian Vegetable Blend	Hamburger on a Bun Corn dog
12/02/19 01/27/20	Baby Carrots Cherry Tomatoes & Cucumber	Beans Celery & Jicama Sticks	Seasoned Green Beans Baby Carrots	PB& Jelly Sandwich Broccoli	Lettuce & Pickle Cup Baby Carrots
03/02/20 04/13/20	Lettuce & Pickle Cup Fruit Cup	Fresh Fruit Choice of Milk	Fresh Fruit Choice of Milk	Garden Salad Fruit Juice Choice of Milk	Seasoned Corn Fresh Fruit Choice of Milk
05/18/20	Choice of Milk				
09/23/19 10/28/19	Breaded Chicken Strips with Warm Roll	Cheddar Cheese Enchiladas Pizza Pocket	Deep Dish Pizza Smokie Grill	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend	Chicken Sandwich Cheesy Breadsticks
12/09/19 02/03/20	Macaroni & Cheese French Bread Pizza	Refried Beans Celery & Jicama	Garden Salad Cherry Tomatoes/ Cucumber	Cheeseburger Slider Garden Salad Broccoli	Seasoned Corn Baby Carrots
03/09/20 04/20/20	Baby Carrots Seasoned Green Beans	Fruit Cup Choice of Milk	Fresh Fruit Choice of Milk	Fruit Cup Choice of Milk	Fresh Fruit Choice of Milk
05/25/20	Fresh Fruit Choice of Milk				

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The 2019-2020 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.

Food Services has gone "cashless!" We no longer accept cash payments or checks:

Please pay in advance for school meals at www.mvschoolbucks.com

Lunch Price - \$3.50

MENU IS SUBJECT TO CHANGE