

# Mount Helix Academy Lunch Menu

September 2010

M	t	w	th	f
<p><b>6</b> No School Labor Day</p>	<p><b>7</b> Turkey &amp; Cheese sub sandwich with baked chips &amp; fruit Or Alternative: _____</p>	<p><b>8</b> Spaghetti with meat sauce with roll and veggies Or Alternative: _____</p>	<p><b>9</b> Enchiladas with whole beans &amp; Spanish rice Or Alternative: _____</p>	<p><b>10</b> No hot lunch provided by California Catering Company</p>
<p><b>13</b> Chicken Nuggets with Macaroni &amp; Cheese with veggies Or Alternative: _____</p>	<p><b>14</b> Chicken patty sandwich with cheese served with baked fries Or Alternative: _____</p>	<p><b>15</b> Pesto pasta bake with veggies &amp; roll Or Alternative: _____</p>	<p><b>16</b> Bean tostadas with all the fixings Or Alternative: _____</p>	<p><b>17</b> No hot lunch provided by California Catering Company</p>
<p><b>20</b> Meatball Sub Sandwich served with baked fries Or Alternative: _____</p>	<p><b>21</b> Hamburger or Cheeseburger with baked fries Or Alternative: _____</p>	<p><b>22</b> Pasta bake served with veggies Or Alternative: _____</p>	<p><b>23</b> Chicken tacos with whole beans &amp; Spanish rice Or Alternative: _____</p>	<p><b>24</b> No hot lunch provided by California Catering Company</p>
<p><b>27</b> All beef hot dogs with chips and pickle spears Or Alternative: _____</p>	<p><b>28</b> Minimum day for students; No Hot lunch provided</p>	<p><b>29</b> Spaghetti with veggies &amp; roll Or Alternative: _____</p>	<p><b>30</b> Beef tacos with whole beans &amp; rice Or Alternative: _____</p>	

WELCOME BACK!

## DIRECTIONS:

Fill in student information:

Name \_\_\_\_\_

Email address \_\_\_\_\_

Phone number \_\_\_\_\_

Grade \_\_\_\_\_

- Please circle the days your child will participate. There is a minimum of 4 days for enrollment.
- Total number of days \_\_\_\_\_ X \$3.50 per day = \$\_\_\_\_\_ (total)
- Check payable to California Catering Company
- Indicate alternative choice on given day if child is not selecting the main dish. Alternatives available: Chicken nuggets or Macaroni cheese.

Food Service provided by  
California Catering Company  
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email:  
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