



DECEMBER | 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Helke

28

100% Fruit Juice, Fresh Fruit Selection and Milk Included with Every Breakfast



1

MINI FRENCH TOAST
CHOCOLATE CHIP
OR
OTHER BREAKFAST CHOICES AVAILABLE

2

BLUEBERRY BELGIUM WAFFLE
OR
OTHER BREAKFAST CHOICES AVAILABLE

5

COCO BITES AND STRING CHEESE
OR
OTHER BREAKFAST CHOICES AVAILABLE

6

MINI BAGELS W/
STRAWBERRY CREAM CHEESE
OR
OTHER BREAKFAST CHOICES AVAILABLE

7

APPLE CINNAMON
TEXAS FRENCH TOAST
OR
OTHER BREAKFAST CHOICES AVAILABLE

8

NATIONAL BROWNIE DAY
COCOA CHERRY BAR AND STRING CHEESE
OR
OTHER BREAKFAST CHOICES AVAILABLE

9

MINI CINI PULL APART
OR
OTHER BREAKFAST CHOICES AVAILABLE

12

EGGO MINI MAPLE WG PANCAKES
OR
OTHER BREAKFAST CHOICES AVAILABLE

13

WARM CHOCOLATE CRESCENT
OR
OTHER BREAKFAST CHOICES AVAILABLE

14

SAUSAGE PANCAKE SANDWICH
OR
OTHER BREAKFAST CHOICES AVAILABLE

15

MINI DONUTS
OR
OTHER BREAKFAST CHOICES AVAILABLE

16

SNACK N WAFFLE
OR
OTHER BREAKFAST CHOICES AVAILABLE

19

20

21

22

23

26

27

30

Winter Break



BREAKFAST PRICES

REGULAR: \$2.25
REDUCED PRICE: \$.30
ADULT BREAKFAST \$2.75

FOR THE SAFETY OF STUDENTS
NO MONEY WILL BE TAKEN
DURING MEAL SERVICE

BREAKFAST SERVED
HELKE 8:30-8:50 AM

Students must choose at least one fruit serving with their breakfast

DUE TO NATIONAL FOOD SHORTAGES MENU ITEMS

SUBJECT TO
SUBSTITUTION WITHOUT
NOTICE

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER