



St. Helens SD students are welcome to eat breakfast & lunch FREE!

All Grains served are WG-Whole Grain Rich. Milk offered daily– 1% White, Skim and Fat Free Chocolate Fresh Deli Sandwiches May Be Offered Super Salad Bar Offerings include: Seasonal Fruit & Vegetables that include Dark Green, Red/Orange, Beans/Peas, Starchy and Additional Varieties. Breakfast Choices include Cold Cereal & Breakfast Bars



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<u>Oregon Harvest</u>		
<u>For</u>		
<u>Schools</u>		
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Farm to school connects schools with farms and producers with the goal of serving healthy local foods in school cafeterias and improving student nutrition. Providing agriculture, health and nutrition opportunities and supporting local & regional farmers and producers. www.farmtoschool.org

Mon	Tue	Wed	Thu	Fri
Main Event: Toasted Cheese Bistro: Fresh Baked Pizza Grill: Chicken Burger & Tots Deli: Assorted Sandwiches 10 <u>Daily Choices:</u> Main Event: Pasta Bar Bistro: Fresh Baked Pizza Grill: Chicken Burgers/Fries	4 Daily Choices: Main Event: Popcorn Chicken Bar Bistro: Fresh Baked Pizza Grill: BBQ Pork Hoagie & Chips Deli: Assorted Sandwiches 11 Daily Choices: Main Event: Brunch Bar Bistro: Fresh Baked Pizza Grill: Cheeseburger	Bistro: Fresh Baked Pizza Grill: Corn Dog & Chips	Daily Choices: Main Event: Burrito/Enchilada Bar Bistro: Fresh Baked Pizza Grill: Cheeseburger & Fries Deli: Assorted Sandwiches 13 Daily Choices: Main Event: Chicken Bar Bistro: Fresh Baked Pizza Grill: BBQ Pork Hoagie	7 Daily Choices: Main Event: Chef's Choice Bistro: Fresh Baked Pizza Grill: Varity Deli: Assorted Sandwiches 14 Daily Choices: Main Event: Chef's Choice Bistro: Fresh Baked Pizza Grill: Varity
17 No School	Deli: Assorted Sandwiches 18 Daily Choices: Main Event: Nacho Bar Bistro: Fresh Baked Pizza Grill: Corn Dog & Fries Deli: Assorted Sandwiches	Deli: Assorted Sandwiches 19 Early Release Daily Choices: Main Event: Asian Cuisine Bar Bistro: Fresh Baked Pizza Grill: BBQ Pork Hoagie Deli: Assorted Sandwiches	Deli: Assorted Sandwiches 20 Daily Choices: Main Event: Pasta Bar Bistro: Fresh Baked Pizza Grill: Chicken Nuggets & Roll Deli: Assorted Sandwiches	Deli: Assorted Sandwiches 21 Daily Choices: Main Event: Chef's Choice Bistro: Fresh Baked Pizza Grill: Varity Bar Deli: Assorted Sandwiches
Main Event: Hot Dog Bar Bistro: Fresh Baked Pizza Grill: Chicken Burger & Jo-	25 Daily Choices: Main Event: Seafood Bar Bistro: Fresh Baked Pizza Grill: BBQ Pork Hoagie & Chips Deli: Assorted Sandwiches		27 Daily Choices: Main Event: Chef Choice Bistro: Fresh Baked Pizza Grill: Cheeseburger & Fries Deli: Assorted Sandwiches	28 Daily Choices: Main Event: Chef's Choice Bistro: Fresh Baked Pizza Grill: Varity Deli: Assorted Sandwiches