St Helens Middle School
Breakfast Menu
October 2026

First Breakfast and Lunch
FREE for students!

Mon	Tue	Wed	Thu	Fri
			1 Main: Waffles & Berries Assorted Cereal BF Bars Yogurt Parfait Juice Fruit	2 Main: Cinnamon rolls Assorted cereals BF bars Yogurt Parfait Juice Fruit
5 Main: Cheese Omelet & Hashbrowns Assorted Cereal BF Bars Yogurt Parfait Juice Fruit	6 Main: Apple pancakes Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	7 Main: Bagel toppers Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	8 Main: BF sandwiches Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	9
12 Main: Breakfast pizza Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	13 Main: Waffles Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	14 Main: Sausage & Toast Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	15 Main: Combo bars Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	16 Main: Donuts Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit
19 Main: Bagels & Cream Cheese Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	20 Main: Pancake on a stick Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	21 Main: UBR bars Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	22 Main: BF sandwiches Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	23 Main: Mini pancakes Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit
26 Main: Eggs, sausage & roasted potatoes Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	27 Main: BF pizza Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	28 Main: Egg & Cheese Omelet with hashbrowns Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	29 Main: Pancake Stick with Sausage Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	30 Main: Waffles & Berries Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit

Oregon Harvest For Schools

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

This institution is an equal opportunity provider.

Menu Subject to Change

Minimum 80% of grains served are whole grain
Two milk options offered daily– 1% White, Skim, & Fat Free Chocolate
Daily Salad Bar with:
Seasonal Fruits & Vegetables that include Dark Green, Red/Orange, Beans/Peas, Starchy and Additional.