St. Helens Middle School Lunch Menu

October 2026

First Breakfast and Lunch FREE for students!

Mon	Tue	Wed	Thu	Fri
			1 Main: Meatball Subs Pizzeria: Fresh Baked Pizza Grill: Hot dogs Deli: Salads & Sandwiches	2 Main: Mac N Cheese w/dinner roll Pizzeria: Fresh Baked Pizza Grill: Corn dogs Deli: Salads & Sandwiches
5 Main: Asian Chicken on Rice Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Salads & Sandwiches	6 Main: Tillamook Cheeseburgers & Tater Tots Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets Deli: Salads & Sandwiches	7 Main: Chicken & Waffle Pizzeria: Fresh Baked Pizza Grill: Tillamook Cheeseburger & Fries Deli: Salads & Sandwiches	8 Main: Popcorn chicken bowl Pizzeria: Fresh Baked Pizza Grill: Corn dogs Deli: Salads & Sandwiches	9
12 Main: Chicken Tacos Pizzeria: Fresh Baked Pizza Grill: Chicken burgers Deli: Salads & Sandwiches	13 Main: Yakisoba Noodles Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets Deli: Salads & Sandwiches	14 Main: Corn dogs Pizzeria: Fresh Baked Pizza Grill: Tillamook Cheeseburgers & Tater Tots Deli: Salads & Sandwiches	15 Main: Walking Tacos Pizzeria: Fresh Baked Pizza Grill: Grilled Cheese Deli: Salads & Sandwiches	16 Main: Zenner's German Sausages Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Salads & Sandwiches
19 Main: Meatball subs Pizzeria: Fresh Baked Pizza Grill: Corn dogs Deli: Salads & Sandwiches	20 Main: Nachos Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets Deli: Salads & Sandwiches	21 Main: Popcorn Chicken Bowls Pizzeria: Fresh Baked Pizza Grill: Tillamook Cheeseburgers & Fries Deli: Salads & Sandwiches	22 Main: Beef Tacos Pizzeria: Fresh Baked Pizza Grill: Chicken burgers Deli: Salads & Sandwiches	23 Main: Lunch Brunch Pizzeria: Fresh Baked Pizza Grill: Hot Dogs Deli: Salads & Sandwiches
26 Main: Grilled cheese w/soup Pizzeria: Fresh Baked Pizza Grill: Chicken burgers Deli: Salads & Sandwiches	27 Main: Teriyaki Chicken & Rice Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets Deli: Salads & Sandwiches	28 Main: Spaghetti with Garlic Bread Pizzeria: Fresh Baked Pizza Grill: Corn Dog Deli: Salads & Sandwiches	29 Main: Chili Cheese Dogs Pizzeria: Fresh Baked Pizza Grill: Tillamook cheeseburgers & Tater Tots Deli: Salads & Sandwiches	30 Main: Beef Soft Tacos Pizzeria: Fresh Baked Pizza Grill: Corn dogs Deli: Salads & Sandwiches

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 pro-

Menu Subject to Change

Minimum 80% of grains served are whole grain
Milk 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.