St Helens High School
Breakfast Menu
October 2026

First Breakfast & Lunch are Free for all Students!

Mon	Tue	Wed	Thu	Fri
			1 Main: Sausage BF Muffin Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	2 Main: Cinnamon Rolls Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit
5 Main: BF Wraps Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	6 Main: Cinnamon Toast Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	7 Main: Egg Sausage Muffin Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	8 Main: BF Pizza Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	9
12 Main: Egg & Cheese Bar Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	13 Main: Bacon & Egg Muffin Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	14 Main: Biscuits & Gravy Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	15 Main: Waffles & Berries Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	16 Main: Pancake & Sausage Stick Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit
19 Main: Cheese Omelet Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	20 Main: Pancakes Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	21 Main: Frudels Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	22 Main: Assorted Muffins Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	23 Main: Donuts Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit
26 Main: Pancake & Sausage Stick Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	27 Main: Bagels Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	28 Main: French Toast Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	29 Main: Cinnamon Rolls Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	30 Main: Breakfast Wraps Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit

Limited Diet Options Available Daily!

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
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.