St. Helens High School
Lunch Menu
October 2026

First Breakfast & Lunch are Free for all Students!

Limited Diet Options Available Daily!

Mon	Tue	Wed	Thu	Fri
			1 Main: Lunch brunch Pizzeria: Fresh Baked Pizza Grill: Corn Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	2 Main: Turkey Ranch Wrap Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries
5 Main: Chicken & Waffles Pizzeria: Fresh Baked Pizza Grill: Hot Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	6 Main: Orange Chicken & Rice Pizzeria: Fresh Baked Pizza Grill: Hot Ham & Cheese on Bun Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	7 Main: Tostadas Pizzeria: Fresh Baked Pizza Grill: Chicken Burgers Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	8 Main: Walking Tacos Pizzeria: Fresh Baked Pizza Grill: Corn Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	9
12 Main: Grilled Cheese & Tomato Soup Pizzeria: Fresh Baked Pizza Grill: Rib A Que Sandwiches Deli: Assorted Sand. & Salads Burger bar: Tillamook	13 Main: Popcorn Chicken Bowls Pizzeria: Fresh Baked Pizza Grill: Hot Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	14 Main: Chicken & Cheese Quesadillas Pizzeria: Fresh Baked Pizza Grill: Chicken Burgers Deli: Assorted Sand. & Salads Burger bar: Tillamook	15 Main: Fish & Chips Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	16 Main: Zenner's German Sausages Pizzeria: Fresh Baked Pizza Grill: Corn Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries
19 Main: Chile & Cheese Dogs Pizzeria: Fresh Baked Pizza Grill: Burritos Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	20 Main: Nachos Pizzeria: Fresh Baked Pizza Grill: Quesadillas Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	21 Main: Pulled Pork Sandwiches Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	22 Main: Chicken Alfredo Pizzeria: Fresh Baked Pizza Grill: Malibu Chicken Burger Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	23 Main: Spaghetti and Garlic Bread Pizzeria: Fresh Baked Pizza Grill: Corn Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries
26 Main: Loaded Nacho Fries. Pizzeria: Fresh Baked Pizza Grill: Chicken Burgers Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	27 Main: Chicken Yakisoba Pizzeria: Fresh Baked Pizza Grill: Hot Dogs Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	28 Main: Taco Salad Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	29 Main: Potato Bar Pizzeria: Fresh Baked Pizza Grill: Hot Ham & Cheese Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries	30 Main: Meatball Subs Pizzeria: Fresh Baked Pizza Grill: Rib A Que Sanwiches Deli: Assorted Sand. & Salads Burger bar: Tillamook cheeseburgers & fries

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 is 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.
Limited diet options available daily.