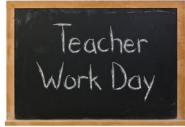




**St Helens Middle School
Breakfast Menu
November 2026**

**First Breakfast and Lunch
FREE for students!**

Mon	Tue	Wed	Thu	Fri
2 Main: Apple pancakes Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	3 Main: Bagel toppers Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	4 Main: BF pizza Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	5 Main: Waffles & Berries Assorted Cereal BF Bars Yogurt Parfait Juice Fruit	6 Main: Cinnamon rolls Assorted cereals BF bars Yogurt Parfait Juice Fruit
9 Main: Cheese Omelet & Hashbrowns Assorted Cereal BF Bars Yogurt Parfait Juice Fruit	10 	11 	12 Main: BF sandwiches Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	13 Main: Pancake Stick with Sausage Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit
16 Main: Breakfast pizza Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	17 Main: Pancakes & Berries Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	18 Main: Sausage & Hashbrowns Assorted cereals Assorted BF bars Yogurt Parfait Juice	19 Main: Assorted Muffins Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit	20 Main: Donuts Assorted cereals Assorted BF bars Yogurt Parfait Juice Fruit
23 	24 	25 	26 	27 
30 Main: Eggs, sausage & roasted potatoes 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.