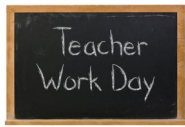




St. Helens Middle School Lunch Menu

November 2026

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

Mon	Tue	Wed	Thu	Fri
2 Main: Mac N Cheese w/dinner roll Pizzeria: Fresh Baked Pizza Grill: Chicken burgers Deli: Salads & Sandwiches	3 Main: Teriyaki Chicken & Rice Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets Deli: Salads & Sandwiches	4 Main: Beef Soft Tacos Pizzeria: Fresh Baked Pizza Grill: Corn dogs Deli: Salads & Sandwiches	5 Main: Meatball Subs Pizzeria: Fresh Baked Pizza Grill: Hot dogs Deli: Salads & Sandwiches	6 Main: Chicken & Waffle Pizzeria: Fresh Baked Pizza Grill: Tillamook Cheeseburger & Fries Deli: Salads & Sandwiches
9 Main: Asian Chicken on Rice Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Salads & Sandwiches	10 	11 	12 Main: Popcorn chicken bowl Pizzeria: Fresh Baked Pizza Grill: Corn dogs Deli: Salads & Sandwiches	13 Main: Goulash with Garlic Bread Pizzeria: Fresh Baked Pizza Grill: Hot Dogs Deli: Salads & Sandwiches
16 Main: Chicken Tacos Pizzeria: Fresh Baked Pizza Grill: Chicken burgers Deli: Salads & Sandwiches	17 Main: Yakisoba Noodles Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets Deli: Salads & Sandwiches	18 Main: Mac N cheese w/dinner roll Pizzeria: Fresh Baked Pizza Grill: Tillamook Cheeseburgers & Tater Tots Deli: Salads & Sandwiches	19 Main: Walking Tacos Pizzeria: Fresh Baked Pizza Grill: Grilled Cheese Deli: Salads & Sandwiches	20 Main: Thanksgiving Turkey Meal Pizzeria: Fresh Baked Pizza Grill: Chicken Strips Deli: Salads & Sandwiches
23 	24 	25 	26 	27 
30 Main: Tillamook Cheeseburgers & Tater Tots Pizzeria: Fresh Baked Pizza Grill: Chicken Nuggets 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.