



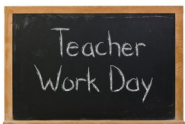
**Limited Diet
Options
Available Daily!**

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

St Helens High School Breakfast Menu November 2026

**First Breakfast &
Lunch are Free for all
Students!**

Mon	Tue	Wed	Thu	Fri
2 Main: Pancake & Sausage Stick Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	3 Main: French Toast Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	4 Main: Cinnamon Rolls Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	5 Main: Sausage BF Muffin Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	6 Main: Cinnamon Rolls Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit
9 Main: BF Wraps Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	10 	11 	12 Main: BF Pizza Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	13 Main: Donuts Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit
16 Main: Egg & Cheese Bar Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	17 Main: Bacon & Egg Muffin Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	18 Main: Biscuits & Gravy Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	19 Main: Waffles & Berries Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit	20 Main: Assorted Muffins Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit
23 	24 	25 	26 	27 
30 Main: Bagels Yogurt Parfait Lemon Bread Zee Bars Assorted Cereal Juice Fruit				

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.