

1% and non-fat white milk served with
Breakfast along with a variety of fresh fruit,
juice, and yogurt.

January 2017

1% and non-fat white milk, non-fat choco-
late milk served with lunch along with a
variety of fruit, vegetables, and whole
wheat grains.

~Helix Breakfast & Lunch Menu~

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>USDA and the State of Oregon are equal opportunity employers and providers.</i>	2	3	4	5	6	7	Salad Bar available for grades 5-12 & staff.
8	9	10	11	12	13	14	
	Breakfast-Breakfast Bar Lunch-Hot Dogs	Breakfast-Breakfast Burrito Lunch-Chicken Fajitas	Breakfast-Cereal Lunch-Orange Chicken & Rice	Breakfast-Muffins Lunch-Haystacks	Breakfast-Cereal Lunch-Hamburgers	Breakfast-Cereal Lunch-Sweet & Sour Meatballs, Rice	
15	16	17	18	19	20	21	
	NO SCHOOL	Breakfast-Pancakes Lunch-Meatloaf, Mac & Cheese	Breakfast-Cereal Lunch-Chicken Sandwich	Breakfast-Muffin Lunch-Hawaiian Pizza	Breakfast-Cereal Lunch-Chicken Enchiladas		
22	23	24	25	26	27	28	
	Breakfast-Breakfast Bar Lunch-Corn Dogs	Breakfast-Breakfast Burrito Lunch-Ham & Cheese Sandwiches	Breakfast-Cereal Lunch-Chicken Wraps	Breakfast-Biscuits & Gravy Lunch-Taco Salad	Breakfast-Cereal Lunch-Fish Fillet Sandwich		
29	30	31					
	Breakfast-French Toast Lunch-Terriyaki Chicken & Rice	Breakfast-Pancakes Lunch-Baked Potatoes					