

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

March 2017

~Helix Breakfast & Lunch Menu~

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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
USDA and the State of Oregon are equal opportunity employers and providers.			1 Breakfast-Cereal Lunch-Turkey Subs	2 Breakfast-Muffins Lunch-Taco Soup	3 Breakfast-Cereal Lunch-Hamburgers	4 Salad Bar available for grades 5-12 & staff.
5	6 Breakfast-Breakfast Bar Lunch-Hot Dogs	7 Breakfast-Breakfast Burrito Lunch-Chicken Fajitas	8 Breakfast-Cereal Lunch-Chicken Parmesan	9 Breakfast-Biscuits & Gravy Lunch-Beef Tacos	10 Breakfast-Cereal Lunch-Sweet & Sour Meatballs, Rice	11
12	13 Breakfast-French Toast Lunch-Corn Dogs	14 Breakfast-Pancakes Lunch-Meatloaf, Steak Fries	15 Breakfast-Cereal Lunch-Chicken Sandwich	16 Breakfast-Muffin Lunch-Pepperoni Pizza	17 Breakfast-Cereal Lunch-Chicken Enchiladas	18
19	20 Breakfast-Breakfast Bar Lunch-BBQ Chicken Roasted Potatoes	21 Breakfast-Breakfast Burrito Lunch-Ham & Cheese Sandwiches	22 Breakfast-Cereal Lunch-Chicken Wraps	23 Breakfast-Biscuits & Gravy Lunch-Taco Salad	24 Breakfast-Cereal Lunch-Hamburgers	25
26	27 WHAHOO! SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK	