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

April 2017

~Helix Breakfast & Lunch Menu~

1% and non-fat white milk, non-fat chocolate 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* *Salad Bar available for grades 5-12 & staff.*
2	*3* *Breakfast-Breakfast Bar* *Lunch-Hot Dogs*	*4* *Breakfast-Breakfast Burrito* *Lunch-Chicken Fajitas*	*5* *Breakfast-Cereal* *Lunch-Chicken Parmesan*	*6* *Breakfast-Biscuits & Gravy* *Lunch-Beef Tacos*	*7* *Conferences NO SCHOOL*	*8*
9	*10* *Breakfast-French Toast* *Lunch-Corn Dogs*	*11* *Breakfast-Pancakes* *Lunch-Meatloaf, Steak Fries*	*12* *Breakfast-Cereal* *Lunch-Chicken Sandwich*	*13* *Breakfast-Muffin* *Lunch-Hawaiian Pizza*	*14* *Breakfast-Cereal* *Lunch-Chicken Enchiladas*	*15*
16	*17* *Breakfast-Breakfast Bar* *Lunch-BBQ Chicken Roasted Potatoes*	*18* *Breakfast-Breakfast Burrito* *Lunch-Ham & Cheese Sandwiches*	*19* *Breakfast-Cereal* *Lunch-Chicken Wraps*	*20* *Breakfast-Biscuits & Gravy* *Lunch-Taco Salad*	*21* *Breakfast-Cereal* *Lunch-Hamburgers*	*22*
23	*24* *Breakfast-French Toast* *Lunch-Terriyaki Chicken and Rice*	*25* *Breakfast-Pancakes* *Lunch-Baked Potatoes*	*26* *Breakfast-Cereal* *Lunch-Chicken Burritos*	*27* *Breakfast-Muffins* *Lunch-Taco Soup*	*28* *Breakfast-Cereal* *Lunch-Pasta with Meat Sauce*	*29*