

# September 2016

Santiam Canyon SD 129J SJSHS

**BREAKFAST**



**Santiam Canyon SJSHS**

**This institution is an equal opportunity provider.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



A variety of milk, juice and fruit are served daily



1

Labor Day

4

Buttermilk Bar String Cheese

5

Pancake Sausage on A Stick

6

Cereal Bar Yogurt

7

Long John Donut String Cheese

8

Benefit Bar Cheese Stick

11

Biscuit & Gravy

12

Cereal String Cheese

13

Long John Donut

14

15

Cereal Bar String Cheese

18

Pancake Sausage On a stick

19

Sausage Breakfast Sandwich

20

Long John Donut

21

22

Sausage Biscuite

25

Buttermilk Bar String Cheese

26

Pancake Sausage

27

Long John Donut

28

29