

October 2017

Santiam Canyon SD 129J

BREAKFAST



Santiam Canyon SD 129J SES:

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

Beneful Bar
Applesauce

2

Tuesday

Mini Bagel with
Strawberry Cream Cheese

3

Wednesday

Peanut Butter and Jelly
Jamwich
Cheese stick

4

Thursday

Mini Muffin
String Cheese

5

Friday

NO
School

6

Cereal Bar
String Cheese

9

Buttermilk Bar
String Cheese

10

No School Today!

11

Beneful Bar
Fruit

12

Mini Muffin
Yogurt

13

Mini Muffin
String Cheese

16

Cereal Bar
Cheese Stick

17

Peanut Butter and Jelly
Jamwich
String Cheese

18

Buttermilk Bar
Cheese Stick

19

NO
School

20

Cereal Bar
String Cheese

23

WG Cinni Minni

24

Muffin
String Cheese

25

Yogurt
Belly Bear Crackers

26

NO
School

27

Beneful Bar
Fruit

30

Cereal Bar
String Cheese

31

A variety of milk,
juice and fruit are
served daily.

