

September 2017

Santiam Canyon SD 129J SES

BREAKFAST



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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



Milk, Juice, Fresh Fruits and Vegetables served daily



1

Labor Day Holiday **4**

Buttermilk Bar String Cheese **5**

Waffle String Cheese **6**

Benefit Bar Cheese Stick **7**

Yogurt Belly Bear Crackers **8**

Muffin String Cheese **11**

Cereal String Cheese **12**

Mini Pancakes Cheese Sticks **13**

Mini Muffin Yogurt **14**

15

Jamwich String Cheese **18**

Granola Bar Cheese Stick **19**

Cinni Minni's String Cheese **20**

Cereal Bar Cheese Stick **21**

22

Buttermilk Bar String Cheese **25**

Yogurt Belly Bear Crackers **26**

Cereal String Cheese **27**

Beneful Bar Cheese Stick **28**

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