

# April 2018

## Santiam Canyon S.D. SJSHS

### BREAKFAST



**Santiam Canyon SD 129J 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

Biscuits and Gravy

2

Breakfast Pizza

3

Chicken Fried Steak strips

4

With Country Gravy

Long John

5

No School

6

Benefit bars

9

Pancakes and Sausage

10

No School

11

Raspberry Churro and

12

Long John

13

Sausage Links

Pancake on a Stick

16

Soft Bavarian Pretzel

17

With Icing

Sausage, and cheese

18

Breakfast Burrito

Long John

19

No School

20

Breakfast Pizza

23

Biscuit and chicken fried

24

Steak Sandwich

Pancake on a stick

25

Long John

26

No School

27

Biscuits and Gravy

30

DAILY OFFERINGS:

VARIETY OF FRUIT, JUICE AND MILK.

