

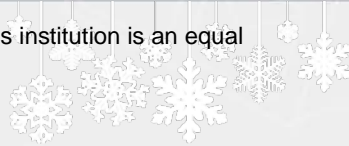
December 2018

Santiam Canyon S D 129 J SES

BREAKFAST



School Information: 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

Benefit Bars

3

Tuesday

Pancake on a Stick

4

Wednesday

PB&J Jamwich

5

Thursday

Cherry Frudal

6

Friday

Daily Choices: Varity of milk

7

Juice, fruit. Varity of whole grain muffin or whole grain

Cereal.

Cereal Bar & String Cheese

10

Apple Frugal

11

Banana Bread

12

Cherry Frugal

13

No School

14

Yogurt & String Cheese

17

Mini Banana Pancakes

18

Yogurt, String Cheese
And Scooby Bites

19

Cherry Frugal

20

Banana Bread

21

HALF DAY

No School

24

No School

25

No School

26

No School

27

No School

28

No School

31

