

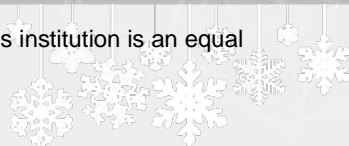
December 2018

Santiam Canyon S D 129 J SJSHS

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

Breakfast Pizza

3

Tuesday

Pancake on a Stick

4

Wednesday

Biscuits and Gravy

5

Thursday

Donut Day

6

Friday

Daily Choices: Variety of milk juice, and fruit.

7

Bavarian Pretzel with
Cheese Sauce

10

French Toast with
Link Sausage

11

Breakfast Burrito

12

Donut Day
Long John

13

Type your text here

14

Pancake on a Stick

17

Cherry Frugal

18

Raspberry Churro
And Link Sausage

19

Donut Day
Long John

20

Biscuits and Gravy

21

Half Day Christmas Break

Christmas Break

24

Christmas Break

25

Christmas Break

26

Christmas Break

27

Christmas Break

28

Christmas Break

31

