

February 2018 Santiam Canyon SD 129J Elementary & High School

BREAKFAST



School Information: Daily Choices
 Variety of Fruit, Juice or Milk, Variety of Whole Grain Cereal, or Whole Grain Muffin.
 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



Butter Milk Bar Elem. **1**
 Long John High

No School **2**

Cini Mini Elem. **5**
 Biscuits & Gravy High

Sausage and Cheese **6**
 Sandwich Both Schools

Cini Mini Elem. **7**
 French Toast & Sausage High

Butter Milk Bars Elem. **8**
 Long John High School

No School **9**

Cinnamon Bun Elem. **12**
 Biscuits & Gravy High

Pancake on a Stick **13**
 Both Schools

Breakfast Pizza High **14**
 Soft Bavarian Pretzel Elem.

Butter Milk Bars Elem. **15**
 Long John High

No School **16**

Holiday **19**

Cini Mini Elem. **20**
 Biscuits & Gravy High

Breakfast Burrito **21**
 Both Schools

Mini Pancakes Elem. **22**
 Breakfast sandwich High

Butter Milk Bars Elem. **23**
 Long John High

Cinnamon Bun **26**
 Both Schools

Raspberry Churro & Sausage **27**
 Links High Cini Mini Elem.

Benefit Bars Elem. **28**
 French Toast & Sausage High

