

# June 2018

## Santiam Canyon SD 129 J SES

### BREAKFAST



**Santiam Canyon SD**  
This institution is an equal opportunity provider



**Nutrition Tip:** Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



A variety of milk, fruit and juice served daily

Butter Milk Bars **1**  
Cold Cereal, Milk & fruit

Benefit Bars **4**  
Cold Cereal, Milk & Fruit

Pancake on a Stick **5**  
Cold Cereal, Milk, & Fruit

Cherry Frudal **6**  
Cold Cereal, Milk, & Fruit

Butter Milk Bars **7**  
Cold Cereal, Milk, & Fruit

No School **8**

Banana Bread **11**  
Cold Cereal, Milk, & Fruit

Cini Minis **12**  
Cold Cereal, Milk, & Fruit

Benefit Bars **13**  
Cold Cereal, Milk, Fruit

Butter Milk Bars **14**  
Cold Cereal, Milk, Fruit

No School **15**

Vacation **18**

Vacation **19**

Vacation **20**

Vacation **21**

Vacation **22**

Vacation **25**

Vacation **26**

Vacation **27**

Vacation **28**

Vacation **29**