



**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

Long John 1  
Cold Cereal, Milk , Fruit

Breakfast Pizza 4  
Cold Cereal, Milk , Fruit

Biscuits and gravy 5  
Cold Cereal, Milk, Fruit

Cherry Frudal 6  
Cold Cereal, Milk ,Fruit

Long John 7  
Cold Cereal, Milk ,Fruit

No School 8

Raspberry Churro 11  
And Sausage  
Cold Cereal, Milk , fruit

Biscuit and sausage 12  
Cold Cereal, Milk, Fruit

French toast and sausage 13  
Cold Cereal, Milk, Fruit

Long John 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