

May 2018

Santiam Canyon SD 129J SES

BREAKFAST



Santiam Canyon SD 129J
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.



Cini Mini

1

Benefit Bars

2

Butter milk Bars

3

No School

4

Benefit Bars

7

Cherry Frudel

8

Pancake on a stick

9

Butter milk Bars

10

No School

11

Banana Bread

14

Cini Mini

15

Mini Pancakes

16

Butter milk Bars

17

No School

18

Benefit Bars

21

Pancake on a Stick

22

Cherry Frudel

23

Butter milk Bars

24

No School

25

No School

28

Apple Frudel

29

Pancake on a Stick

30

Butter milk Bars

31

