

# May 2018

## Santiam Canyon SD 129J SJSHS

### 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.



Breakfast Pizza

1

Breakfast Burrito

2

Long John

3

No School

4

Soft Bavarian Pretzel

7

French Toast and Sausage

8

Raspberry Churro's and Sausage Links

9

Long John

10

No School

11

Breakfast Pizza

14

Biscuit and Chicken Fried Steak Sandwich

15

Pancakes on a Stick

16

Long John

17

No School

18

Biscuits and gravy

21

Pancake on a Stick

22

Biscuit and Chicken Fried Steak Sandwich

23

Long John

24

No School

25

No School

28

Biscuits and gravy

29

Raspberry Churro and Sausage Links

30

Long John

31

