

# November 2018

Santiam Canyon SD 129 J SJSHS

## BREAKFAST



**School Information:** 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



Breakfast Pizza

5

Cherry Frudal

6

Raspberry Churro  
And link sausage

7

Donut Day  
Long John

1

Daily Choices:  
Variety of whole grain  
Muffin, or whole grain cereal, milk,  
juice and fruit.

2

French Toast &  
Link Sausage

12

Breakfast Burrito

13

Breakfast Potatoes  
And link sausage

14

Donut Day  
Long John

15

No School

16

Pancake on a Stick

19

Biscuits and Gravy

20

No School

21

No School

22

No School

23

Breakfast Sausage  
Sandwich

26

Cini Mini's

27

Pancake on stick

28

Donut Day  
Long John

29

No School

30