

November 2018

Santiam Canyon SD 129J SES

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



Butter Milk Bars 1

Daily Choices: Variety of Juice, Fruit, or Milk. Variety of Whole grain cereal, or whole Grain muffin. 2

Cini Mini's 5

Benefit Bars 6

Pancake on a stick 7

Butter Milk Bars 8

No School 9

Cherry Frudal 12

Banana Bread 13

Breakfast Burrito 14

Butter Milk Bars 15

No School 16

Pancake on a stick 19

Cereal Bar, and String Cheese 20

No School 21

No School 22

No School 23

Apple Frudal 26

PB&J Jamwich 27

Cini mini's 28

Butter Milk Bars 29

No School 30