

October 2018

Santiam Canyon SD 129J SJSHS

BREAKFAST



School Information: Daily Choices: Variety of fruit, juice, or milk. Variety of whole grain muffin, or whole grain cereal.



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

FRENCH TOAST &
LINK SAUSAGE

1

Tuesday

BISCUITS AND GRAVY

2

Wednesday

RASPBERRY CHURRO
AND LINK SAUSAGE

3

Thursday

LONG JOHN
DOUNUT DAY

4

Friday

NO SCHOOL

5

BREAKFAST PIZZA

8

BREAKFAST BURRITO

9

PANCAKE ON A STICK

10

LONG JOHN
DOUNUT DAY

11

NO SCHOOL

12

BREAKFAST SAUSAGE &
EGG SANDWICH

15

FRENCH TOAST &
LINK SAUSAGE

16

BISCUITS AND GRAVY

17

LONG JOHN
DOUNUT DAY

18

NO SCHOOL

19

BISCUIT AND SAUSAGE
SANDWICH

22

BREAKFAST BURRITO

23

POTATOES AND LINK
SAUSAGE

24

LONG JOHN
DOUNUT DAY

25

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

26

PANCAKE ON A STICK

29

CHERRY FRUDAL

30

RASPBERRY CHURRO
AND LINK SAUSAGE

31

