

# October 2018

Santiam Canyon SD 129 J SES

## BREAKFAST



**School Information:** Daily Choices: Variety of Fruit, juice, and 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

CHERRY FRUDAL

1

### Tuesday

BANANA BREAD

2

### Wednesday

MINI PANCAKES

3

### Thursday

BUTTER MILK BARS

4

### Friday

NO SCHOOL

5

CINI MINI'S

8

BENEFIT BARS

9

CHERRY FRUDAL

10

BUTTER MILK BARS

11

NO SCHOOL

12

PANCAKE ON A STICK

15

PB & J JAMWICH

16

BREAKFAST BURRITO

17

BUTTER MILK BARS

18

NO SCHOOL

19

APPLE FRUDAL

22

YOGURT, SCOOBY BITES  
AND CHEESE STICKS

23

CINI MINI'S

24

BUTTER MILK BARS

25

THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER

26

CINI MINI'S

29

CEREAL BAR, AND  
STRING CHEESE

30

PANCAKE ON A STICK

31

