

September 2018 Santiam Canyon SD 129J SJSHS

BREAKFAST

School Information:
Santiam Canyon School District 129J 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

Holiday

3

Biscuits and Gravy

4

Raspberry Churro & sausage

5

Benefit Bars

6

Long John

7

Breakfast Pizza

10

Cherry Frudel

11

Pancake on a Stick

12

Long John

13

No School

14

Benefit Bars

17

French Toast & Sausage

18

Biscuits & Gravy

19

Long John

20

No School

21

Biscuit & Sausage Sandwich

24

Bavarian Pretzel with Cheese Sauce

25

Breakfast Burrito

26

Long John

27

No School

28



Daily Choices: Variety of fruit, Juice or Milk, Variety of whole grain cereal, or whole grain Muffin

