

September 2018 Santiam Canyon S D 129J Elementary

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

Benefit Bars

4

Pancake on a stick

5

Banana Bread

6

Cini Mini's

7

Cherry Frudel

10

Mini Pancakes

11

Benefit Bars

12

Butter Milk Bars

13

No school

14

Banana Bread

17

Pancake on a Stick

18

Yogurt & string Cheese

19

Butter Milk Bars

20

No School

21

Cherry Frudel

24

Cini Mini's

25

Breakfast Burrito

26

Butter Milk Bars

27

No School

28



**Daily choices, Variety of fruit,
Juice or milk, Variety of whole
grain muffin, or Whole grain
cereal.**

