

# January 2019

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



No School

1

### Wednesday

No School

2

### Thursday

No School

3

### Friday

4

**Daily Choices: Variety of Fruit, juice, or milk. all items are Whole grain rich**

Mini Banana Pancakes

7

Benefit Bars

8

Pancake on a Stick

9

Banana Bread

10

No School

11

Apple Frudal

14

Cereal Bar and String Cheese

15

Cini Mini's

16

Banana Bread

17

No School

18

Holiday No School

21

PB&J Jamwich

22

Sausage Breakfast Sandwich

23

Banana Bread

24

No School

25

Pancake on a Stick

28

Yogurt, String Cheese And Scooby Snack

29

Cherry Frudal

30

Banana Bread

31

