

January 2019

Santiam Canyon SD 129J SJSHS

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



Tuesday

Wednesday

Thursday

Friday

No School

1

No School

2

No School

3

4

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

Sausage Breakfast

7

Raspberry Churro

8

Biscuits and Gravy

9

Donut Day Long John

10

No School

11

Pizza

And Link sausage

Pancake on a Stick

14

French Toast and

15

Link Sausage

Breakfast sausage

16

Sandwich

Donut day Long John

17

No School

18

Holiday No School

21

Cherry Frudal

22

Biscuits and Gravy

23

Donut Day Long John

24

NO School

25

Sausage Breakfast Pizza

28

Cini Mini's

29

Breakfast Burrito

30

Donut Day Long John

31

