

December 2017

Santiam Canyon SD 129J SJSHS

BREAKFAST



Santiam Canyon SD 129J SJSHS
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



A variety of fruit, milk, and juice are served daily

Sausage/Egg Croissant **4**

Biscuit & Gravy **5**

French Toast Sticks **6**

Sausage Links/ Potatoes **7**

1

Sandwich, Fruit, Milk

Fruit

Sausage

Fruit

8

Milk

Fruit, Milk

Milk

Sausage Links **11**

Pancakes on a Stick **12**

Biscuit & Gravy **13**

Muffin **14**

Long John **15**

Scrambled Eggs

Fruit

Fruit

String Cheese

Fruit

Fruit, Milk

Milk

Milk

Fruit, Milk

Milk

18

19

20

21

22



25

26

27

28

29



December 2017

Santiam Canyon SD 129J SES

BREAKFAST



Santiam Canyon SD 129J

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

A variety of fruit, juice and milk served daily.

NO SCHOOL

1

Cereal Bars
String Cheese
Fruit / Milk

4

PB & J Jamwich
Fruit
Milk

5

Cereal
Fruit
Milk

6

Yogurt
String Cheese
Fruit, Milk & Juice

7

NO SCHOOL

8

Benefit Bar
Fruit
Milk

11

Cinni Minni's
Fruit
Milk

12

Banana Bread
Fruit
Juice & Milk

13

Cereal
Fruit
Milk

14

Cereal Bar
String Cheese
Fruit, Milk, Juice

15



Happy Holidays!

