

# January 2018

SJSHS

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

Happy New Year !!!!

1

French Toast Sticks

2

Sausage Links

3

Long John

4

Sausage Pancake

5

Sausage

Fruit, Milk

Scrambled Eggs

Fruit, Milk

Fruit

Milk

Fruit

Milk

Buttermilk Bar

8

String Cheese

Fruit, Milk

Pancake on a Stick

9

Fruit

Milk

Muffin

10

Cheese Stick

Fruit, Milk

Biscuit & Gravy

11

Fruit

Milk

12

Martin Luther King Day

15

No School

Sausage Links

16

Scrambled Eggs

Fruit, Milk

French Toast Sticks

17

Sausage

Fruit, Milk

Sausage Links

18

Potato

Fruit, Milk

Long John

19

Fruit

Milk

Buttermilk Bar

22

Fruit

Milk

Biscuits & Gravy

23

Fruit

Milk

French Toast Sticks

24

Sausage

Fruit, Milk

Long John

25

Fruit

Milk

26

Pancake on a stick

29

Fruit,

Milk

Muffin

30

Cheese Stick

Fruit, Milk

Biscuits & Gravy

31

Fruit

Milk



Only 48 more days until the first day of Spring!

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SES

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## Monday

HAPPY  
NEW  
YEAR! 1

Breakfast Bar 8  
Fruit  
Milk

Martin Luther King Day 15  
No School

Cereal Bar 22  
Fruit  
Milk

Banana Bread 29  
Fruit  
Milk

## Tuesday

Pancake on a stick 2  
Fruit  
Milk

Buttermilk Bar 9  
Fruit  
Milk

Banana Bread 16  
Fruit  
Milk

Yogurt 23  
String Cheese  
Fruit, Milk

Cinni Minnis 30  
Fruit  
Milk

## Wednesday

Jamwich 3  
Fruit  
Milk

Pancakes 10  
Fruit  
Milk

Cereal 17  
Cheese Stick  
Fruit, Milk

Cinni Minni 24  
Fruit  
Milk

Pancake on a Stick 31  
Fruit  
Milk

## Thursday

Nutrition Bar 4  
Fruit  
Milk

PB& J Jamwich 11  
Fruit  
Milk

Pancake on a Stick 18  
Fruit  
Milk

Cereal 25  
Cheese Stick  
Fruit, Milk

## Friday

Cereal 5  
Fruit  
Milk

12

Nutrition Bar 19  
Fruit  
Milk

26



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