

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.

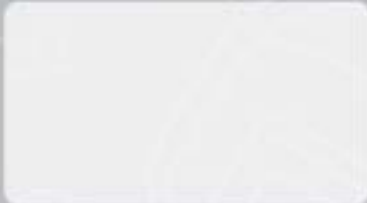
Monday

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!

