

# November 2017

SCSD 129J SES

**BREAKFAST**



**Santiam Elementary School**

**Santiam Canyon School District 129J 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**



Banana Bread  
String Cheese  
Fruit  
Milk **1**

Cereal  
String Cheese  
Fruit  
Milk **2**

No School **3**

Cereal Bar  
String Cheese  
Fruit  
Milk **6**

Peanut Butter & Jelly  
Jamwich  
Fruit  
Milk **7**

Benefit Bar  
Fruit  
Milk **8**

Rainbow Raspberry/  
Strawberry Banana Bash  
Yogurt  
Cheese Stick  
Fruit, Milk **9**

No School  
Veteran's Day **10**

Benefit Bar  
Fruit  
Milk **13**

Cinni Minni's  
Fruit  
Milk **14**

No School **15**  
Conference/ In-service Day

Cereal Bar  
String Cheese  
Fruit  
Milk **16**

Cereal  
Fruit  
Milk **17**

PB & Jelly Jamwich  
Fruit  
Milk **20**

Chocolate Chip  
Benefit Bar  
Fruit  
Milk **21**

No School **22**  
Thanksgiving Break

No School **23**  
Thanksgiving

No School **24**  
Thanksgiving Break

Cinni Minni's  
Fruit  
Milk **27**

Banana Bread  
String Cheese  
Fruit  
Milk **28**

Cereal Bar  
String Cheese  
Fruit  
Milk **29**

Rainbow Raspberry/  
Strawberry Banana Bash  
Yogurt  
Cheese Stick  
Fruit , Milk **30**

**A variety of milk, juice and fruit served daily.**