

# April 2019

## Santiam Canyon S D 129J SES

### 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

WG Cherry Frudal or **1**  
WG Muffin or WG Cereal

Cini Mini's or **8**  
WG Muffin or WG Cereal

Pancake on a Stick or **15**  
WG Muffin or WG Cereal

Cini Mini's or **22**  
WG Muffin or WG Cereal

Pancake on a Stick or **29**  
WG Muffin or WG Cereal

### Tuesday

Cereal Bar & String **2**  
Cheese or  
WG Muffin or WG Cereal

Yogurt and Scooby Snack **9**  
Or WG Muffin or WG Cereal

Yogurt and Scooby Snack **16**  
Or WG Muffin or WG Cereal

PB&J Jamwich or WG **23**  
Muffin or WG Cereal

Butter Milk Bars or **30**  
WG Muffin or WG Cereal

### Wednesday

Pancake on a Stick or **3**  
WG Muffin or WG Cereal

Mini Banana Pancakes **10**  
Or WG Muffin or WG Cereal

Breakfast sausage, cheese **17**  
Biscuit, or WG Muffin or  
WG Cereal

Cherry Frudal or **24**  
WG Muffin or WG Cereal



### Thursday

Banana Bread or WG **4**  
Muffin or WG Cereal

Banana Bread or WG **11**  
Muffin or WG Cereal

Banana Bread or WG **18**  
Muffin or WG Cereal

Banana Bread or WG **25**  
Muffin or WG Cereal

### Friday

Daily Choices, Variety of **5**  
Milk, juice and Fruit. WG  
Muffin or WG Cereal. All grain  
products are WG.

No School **12**

No School **19**

No School **26**

