

February 2019

Santiam Canyon SD 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



Tuesday

Wednesday

Thursday

Friday

OFFERED DAILY:
**VARIETY OF MILK
FRUIT AND JUICE**

Cereal Bar and String **4**
Cheese OR
WG MUFFIN OR WG CEREAL

Cherry Frugal OR **5**
WG MUFFIN OR WG CEREAL

Yogurt And Scooby snack **6**
OR
WG MUFFIN OR WG CEREAL

Banana Bread OR **7**
WG MUFFIN OR WG CEREAL

No School **8**

PB&J Jamwich OR **11**
WG MUFFIN OR WG CEREAL

Cini Mini's OR **12**
WG MUFFIN OR WG CEREAL

Pancake on a Stick OR **13**
WG MUFFIN OR WG CEREAL

Banana Bread OR **14**
WG MUFFIN OR WG CEREAL

No School **15**

Holiday No School **18**

Pancake on a Stick OR **19**
WG MUFFIN OR WG CEREAL

Butter milk Bars OR **20**
WG MUFFIN OR WG CEREAL

Cherry Frugal OR **21**
WG MUFFIN OR WG CEREAL

Banana Bread OR **22**
WG MUFFIN OR WG CEREAL

Cereal Bar and **25**
String Cheese OR
WG MUFFIN OR WG CEREAL

Mini banana pancakes OR **26**
WG MUFFIN OR WG CEREAL

Yogurt And Scooby snack **27**
OR
WG MUFFIN OR WG CEREAL

Banana Bread OR
WG MUFFIN OR WG CEREAL

