

April 2018

Santiam Canyon S.D. 129J

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

Benefit Bars

2

Cini Mlnis

3

Pancake on a Stick

4

Buttermilk Bars

5

No School

6

Banana Bread

9

Apple Frudel

10

No School

11

Mini Pancakes

12

Buttermilk Bars

13

Mini Waffles

16

Benefit Bars

17

Cini Minis

18

Buttermilk Bars

19

DAILY OFFERINGS:

20

VARIETY OF FRUIT, JUICE AND MILK.

Mini Pancakes

23

Apple Frudel

24

Pancake on a stick

25

Buttermilk Bars

26

27

Banana Bread

30

