

January 2018

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

HAPPY
NEW
YEAR!

1

Tuesday

Pancake on a stick
Fruit
Milk

2

Wednesday

Jamwich
Fruit
Milk

3

Thursday

Nutrition Bar
Fruit
Milk

4

Friday

Cereal
Fruit
Milk

5

Breakfast Bar
Fruit
Milk

8

Buttermilk Bar
Fruit
Milk

9

Pancakes
Fruit
Milk

10

PB& J Jamwich
Fruit
Milk

11

12

Martin Luther King Day
No School

15

Banana Bread
Fruit
Milk

16

Cereal
Cheese Stick
Fruit , Milk

17

Pancake on a Stick
Fruit
Milk

18

Nutrition Bar
Fruit
Milk

19

Cereal Bar
Fruit
Milk

22

Yogurt
String Cheese
Fruit, Milk

23

Cinni Minni
Fruit
Milk

24

Cereal
Cheese Stick
Fruit, Milk

25

26

Banana Bread
Fruit
Milk

29

Cinni Minnis
Fruit
Milk

30

Pancake on a Stick
Fruit
Milk

31



Only 48 more days until the first day of Spring!