

December 2017

Santiam Canyon SD 129J SJSHS

BREAKFAST



Santiam Canyon SD 129J SJSHS
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



A variety of fruit, milk, and juice are served daily

1

Sausage/Egg Croissant

4

Biscuit & Gravy

5

French Toast Sticks

6

Sausage Links/ Potatoes

7

8

Sandwich, Fruit, Milk

Fruit

Sausage

Fruit

Milk

Fruit, Milk

Milk

Sausage Links

11

Pancakes on a Stick

12

Biscuit & Gravy

13

Muffin

14

Long John

15

Scrambled Eggs

Fruit

Fruit

String Cheese

Fruit

Fruit, Milk

Milk

Milk

Fruit, Milk

Milk

18

19

20

21

22



25

26

27

28

29

