



School Information:
Santiam Canyon SD 129J 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

Pancake Sausage on **1**
A stick

Benefit Bar **8**
String Cheese

Mini Pancakes **15**
Sausage

Muffin **22**
Yogurt

Holiday **29**
No
School

Tuesday

WG Chocolate Chip Muffin **2**
String Cheese

Sausage **9**
French Toast

Sausage Patty **16**
Belly Bear Crackers

Pancake Sausage on a **23**
Stick

Cinni Minni's **30**
Sausage

Wednesday

Ham, Egg & Cheese Bar **3**
Crackers

Sausage, Egg **10**
& English Muffin

Ham, Egg, Cheese Bar **17**
Belly Bear Crackers

Yogurt **24**
Cheese Stick

Ham, Egg, Cheese Bar **31**
Crackers

Thursday

WG Long John **4**

WG Long John **11**

WG Long John **18**

WG Long John **25**

Friday

No **5**
School

No **12**
School

No **19**
School

No **26**
School

