

October 2017

SANTIAM CANYON SD 129J

BREAKFAST



SCSD 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

Pancake Sausage **2**
On a Stick

Tuesday

Biscuits and Gravy **3**

Wednesday

Muffins **4**
String Cheese

Thursday

Long Johns **5**

Friday

No School **6**

Muffin **9**
String Cheese

Pancake Sausage **10**
On a Stick

No School **11**

Pancake Sausage **12**

Long John **13**

Benefit Bar **16**
String Cheese

Biscuit and Gravy **17**

Pancake Sausage **18**
On a Stick

Long John **19**

No School **20**

Muffin **23**
String Cheese

Muffin **24**
Yogurt

Pancake Sausage **25**
On a Stick

Long John **26**

No School **27**

Buttermilk Bar **30**
String Cheese

Pancake Sausage **31**
On a Stick

A variety of milk, juice and fruit served daily

