

February 2019

Santiam Canyon SD 129j SJSHS

BREAKFAST



School Information: 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

Breakfast Pizza

4

Cherry Frugal

5

Pancake on a Stick

6

Donut day Long John

7

Daily Choices: Variety of milk juice, or fruit. Variety of WG
Muffin or WG cereal. All grain products on menu are whole grain

No School

8

Biscuit & Gravy

11

French toast and Link Sausage

12

Raspberry Churro and Link Sausage

13

Donut Day Long John

14

No School

15

Holiday No School

18

Pancake on a Stick

19

Cini Mini's

20

Potato, egg, sausage patties

21

Donut Day Long John

22

Biscuit and chicken

25

Fried steak sandwich

Sausage, cheese Breakfast burrito

26

Chicken Fried steak strips

27

With country gravy

Donut Day Long John

