June 2019

Santiam Canyon S D 129J SES





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.

				Α		
	Friday	Thursday	Wednesday	Tuesday	Monday	
7	Daily choices: Juice and	Banana Bread, or WG	Pancake on a Stick. Or 5	PB&J Jamwich or WG 4	Butter Milk Bars , or WG 3	
	Fruit. WG Muffin, or WG	Muffin, or WG Cereal	WG muffin , or WG Cereal	WG muffin , or WG Cereal	Muffin , or WG Cereal	
	Cereal.			_ 17733		
14		13	Cherry Frudal, or WG	M	Cini Mini's or WG muffin	
	No School	Banana Bread, or WG	Cherry Fradai, or WG	Yogurt and Scooby Snack	On it with 3, 51 WC maini	
		Muffin, or WG Cereal	Muffin, or WG Cereal	Or WG muffin, or WG Cereal	Or WG Cereal	
21	Have	Vacation 20	Summer 19	Biscuit, sausage & cheese	Pancake on a stick, WG	
				Breakfast sandwich, WG muffin	Muffin, or WG Cereal	
				WG Cereal		
28		27	C. 199 99 0 11 11 11 11 11 11 11 11 11 11 11 11 1	Nice 25	24	
			Summermmini	Nice	A	
	itti.					
	Have	Vacation	Summer	Biscuit, sausage & cheese Breakfast sandwich, WG muffin WG Cereal	10.0	