

# September 2019

Santiam Canyon SD 129J SJSHS

**BREAKFAST**



**School Information:** Santiam Canyon SD 129J is an equal opportunity provider



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

No School

2

Raspberry Churro &  
Sausage Patty  
Fruit, Milk

3

Pancake on a stick  
Fruit, Milk

4

WG Muffin or WG Cereal  
Fruit, Milk

5

Donut Day  
Long John  
Fruit, Milk

6

Breakfast Pizza  
Fruit, Milk

9

French Toast & Sausage  
Patty  
Fruit, Milk

10

Biscuit & Gravy  
Fruit, Milk

11

Donut Day  
Long John  
Fruit, Milk

12

No School

13

Pancake on a Stick  
Fruit, Milk

16

Chicken Fried Steak Strips  
with gravy  
Fruit, Milk

17

Sausage Cheese Breakfast  
Biscuit  
Fruit, Milk

18

Donut Day  
Long John  
Fruit, Milk

19

No School

20

Cinni Minis  
Fruit, Milk

23

Breakfast Pizza  
Fruit, Milk

24

WG Cherry Frudel  
Fruit, Milk

25

Donut Day  
Long John  
Fruit, Milk

26

No School

27

Biscuits & Gravy  
Fruit, Milk

30



A daily variety of milk,  
juice, fruit and whole  
grain choices are  
served daily

