



Santiam Canyon SD 129J is an equal opportunity provider



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off
Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

Whole Grain Cereal, **1**
Wg. Muffin, and Mini Waffles

Pancake on a stick or **2**
Wg. Muffin, or Wg Cereal

Banana Bread, or Wg. **3**
Muffin, or Wg. Cereal

No School **4**

Mini Pancakes, or Wg. **7**
Cereal, or Wg. muffin

Cini, Mini's, or Wg. Cereal **8**
Or Wg. muffin

Wg. Mini bagel, with sausage **9**
Patty and cheese. Wg.
Muffin, or Wg. cereal

Benefit Bars, or WG. Cereal **10**
Or Wg. Muffin

No School **11**

Cherry Frudal, or Wg. **14**
Cereal, or Wg. muffin

Yogurt and Scooby Snack, **15**
Or Wg. Muffin, or Wg. Cereal

Breakfast sausage burrito, **16**
Or Wg. Cereal, or Wg muffin.

Banana Bread, or Wg. Cereal **17**
Or Wg. muffin

No School **18**

Banana pancakes, or Wg. **21**
Muffin, or Wg. Cereal

Cini Mini's, or Wg. Cereal, **22**
Or Wg. muffin

Sausage cheese and biscuit **23**
Sandwich, or Wg. Cereal, or
Wg. muffin

Benefit Bar, or Wg. Cereal **24**
Or WG. muffin

No School **25**

Mini waffles, or Wg. Muffin, **28**
Or Wg. Cereal

Butter milk Bars, or Wg. **29**
Cereal, or Wg. muffin

Pancake on a stick, Wg. **30**
Muffin, or Wg. Cereal

Banana Bread, or WG. **31**
Cereal, or Wg. muffin

