

SEPTEMBER 2021

Santiam Canyon SD 129J

LUNCH



Santiam Canyon SD 129J is an equal opportunity provider.

A variety of WG products, veggie, fruit and milk served daily.



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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
No School

2
No School

3
No School

6
Labor Day

7
Chicken Fajita with Peppers/ Optional or Hot Dog on a Bun
Corn, Pears, Milk

8
International Literacy Day
WG Pizza or Bean and Cheese Burrito, corn, fruit cup, Milk

9
Soft Tacos or Cheeseburger, corn, banana, milk

10
Mac & Cheese or PB & J Sandwich, green beans, apple, milk

13
Grilled Cheese & Tomato Soup or Sweet & Sour Chicken & Rice, Green Beans, Apple, Milk

14
Turkey Gravy/ Rice or Bean & Cheese Burrito, corn, applesauce, milk

15
WG Pizza or Chicken Patty Sandwich, corn, Pears, milk

16
National Stepfamily Day
Spaghetti & Meatballs or stuffed baked potato, green beans, fruit cup, Milk

17
No School

20
Hot Dogs, or BBQ Pork Hoagie, Tater Tots corn, peaches, milk

21
Chili with WG Roll or KFC Chicken Bowl baby carrots, applesauce, Milk

22
First Day of Fall
WG Pizza or Cheese Quesadilla, Green Beans, applesauce, milk

23
Calzone or Teriyaki Chicken, over WG rice, Corn, pears, milk

24
National Horchata Day
NO School

27
WG Burrito or Bean & Cheese Quesadilla Fruit cup, milk

28
Turkey Gravy, mashed potato, or Sloppy Joe, WG Roll, orange wedges, steamed carrots, Milk

29
World School Milk Day
WG Pizza or Fresh Chef Salad with Sun Chips, green beans, sliced peaches, Milk

30
Chicken Tenders or BBQ Pork Hoagie, carrots, Applesauce, Milk