

NOVEMBER 2021

SES Breakfast

BREAKFAST



Santiam Canyon SD 129J is an equal opportunity.



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and whole grain cereal to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

WG Muffin, mixed fruit cup, milk

2

Pancake on a stick, banana, milk

3

WG Cereal, peach cup, milk

4

Buttermilk Bar, Apple slices, milk

5

No School

8

WG Cereal, pear cup, milk

9

Cinni Mini, Orange wedges, milk

10

WG Muffin, banana, milk

11

Veterans Day

No School

12

No School

15

WG Mini Waffle, mixed fruit cup, milk

16

WG Cereal, Banana, Milk

17

Yogurt, Graham Teddy, Cheese Stick, peach cup, milk

18

Buttermilk Bar, raisins, milk

19

No School

22

Breakfast Burrito, apple, milk

23

WG Muffin, pear cup, milk

24

No School Thanksgiving Break

25

National Parfait Day

No School Thanksgiving Break

26

No School

29

WG Cereal, banana, milk

29

Egg, Cheese, Sausage Muffin, orange wedges, milk



A variety of whole grain items, fruits, vegetables and milk are served daily.