

NOVEMBER 2021

SJSHS 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

1

WG Muffin, or WG Cereal, mixed fruit cup, milk

8

Egg, Cheese, Sausage Biscuit, WG Cereal, pear cup, milk

15

French Toast, Sausage or WG Cereal, mixed fruit cup, milk

22

Sausage Cheese Biscuit, Apple, milk

29

WG Cereal or WG Muffin, banana, milk

TUESDAY

2

Homemade Breakfast Burrito or WG Muffin, banana, milk

9

Biscuits & gravy or WG Muffin, Orange wedges, milk

16

WG Muffin or WG Cereal, Banana, Milk

23

WG Muffin or WG Cereal, pear cup, milk

29

Egg, Cheese, Sausage Muffin or WG Cereal, orange wedges, milk

WEDNESDAY

3

WG Cereal or WG Muffin, peach cup, milk

10

WG Muffin or WG Cereal banana, milk

17

Homemade Breakfast Burrito or WG Muffin, peach cup, milk

24

No School Thanksgiving Break



THURSDAY

4

Long John or WG Cereal Apple slices, milk

11

Veterans Day

No School

18

Long John, raisins, milk

25

National Parfait Day

No School Thanksgiving Break

FRIDAY

5

No School

12

No School

19

No School

26

No School

