



Santiam Canyon SD 129J is an equal opportunity provider



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Cereal, String Cheese, 2 Fruit, Milk

2

Strawberry Mini Bagel, String Cheese, 2 fruit, Milk

3

Combo bar, String Cheese 2 Fruit, Milk

4

Cereal bar, String Cheese, 2 Fruit, Milk

5

Cinco De Mayo

No School

8

Cereal, String Cheese, 2 Fruit, Milk

9

French Toast Sticks, String cheese, 2 Fruit, Milk

10

Breakfast sandwich, String Cheese, 2 Fruit, Milk

11

Cereal bar, Cheese Triangles, 2 Fruit, Milk

12

No School

15

Cereal, String Cheese 2 Fruit, Milk

16

Waffles, String Cheese, 2 Fruit, Milk

17

Breakfast Sandwich, String Cheese, 2 Fruit, Milk

18

Mini Cinni, Sting Cheese, 2 Fruit, Milk

19

No School

22

Cereal, String Cheese, 2 Fruit, Milk

23

Breakfast Pizza, String Cheese, 2 Fruit, Milk

24

Combo Bar, String Cheese, 2 Fruit, Milk

25

Waffles, Cheese Triangle, 2 Fruit, Milk

26

No School

29

Memorial Day
NO SCHOOL

30

Muffin, String Cheese, 2 Fruit, Milk

31

Waffles, String Cheese, 2 Fruit, Milk

A variety of whole grains, fruit and milk are served daily.

