

# MAY 2023

## Santiam Canyon SD 129J SJSHS & 2<sup>nd</sup> Breakfast

### BREAKFAST



**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

Donut, Cheese Stick,  
2 Fruit, Milk

5

**Cinco De Mayo**

**No School**

8

Cereal, String Cheese,  
2 Fruit, Milk

9

French Toast Sticks,  
2 Fruit, Milk

10

Breakfast Sandwich,  
String Cheese,  
2 Fruit, Milk

11

Donut,  
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

Donut, String 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

Donut, 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.**

