CEDAR FALLS SCHOOLS River Breakfast HHFKA 9-12 (age 14-18)

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct 1	Oct 2	Oct 3
		Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.
		OR	OR	OR
		Confetti Pancake	Mini Blueberry Bash Waffles	Breakfast Pizza Bacon, Egg and Cheese
		Assorted Can Fruit	Assorted Can Fruit	Assorted Can Fruit
		Assorted Juice	Assorted Juice	Assorted Juice
		Assorted Milk	Assorted Milk	Assorted Milk
		Syrup Cup	Syrup Cup	
Oct 6	Oct 7	Oct 8	Oct 9	Oct 10
Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	NO SCHOOL
OR	OR	OR	OR	
Eggo Mini Maple Pancakes	Upstate Yogurt Cup	Cinnamon Glazed French Toast Sticks (IW)	Cinnamon Roll -WG	
Assorted Can Fruit	WG Banana Muffin	Assorted Can Fruit	Assorted Can Fruit	
Assorted Juice	Assorted Can Fruit	Assorted Juice	Assorted Juice	
Assorted Milk	Assorted Juice	Assorted Milk	Assorted Milk	
Syrup Cup	Assorted Milk	Syrup Cup		
Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.
OR	OR	OR	OR	OR
Pancake & Sausage on a Stick	Upstate Yogurt Cup	Confetti Pancake	Mini Blueberry Bash Waffles	Breakfast Pizza Bacon, Egg and Cheese
Assorted Can Fruit	Blueberry Muffin Squares	Assorted Can Fruit	Assorted Can Fruit	Assorted Can Fruit
Assorted Juice	Assorted Can Fruit	Assorted Juice	Assorted Juice	Assorted Juice
Assorted Milk	Assorted Juice	Assorted Milk	Assorted Milk	Assorted Milk
Syrup Cup	Assorted Milk	Syrup Cup	Syrup Cup	
	Syrup Cup			

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.
OR	OR	OR	OR	OR
Eggo Mini Maple Pancakes	Upstate Yogurt Cup	Cinnamon Glazed French Toast Sticks (IW)	Cinnamon Roll -WG	Mini Maple Madness Waffles
Assorted Can Fruit	WG Banana Muffin	Assorted Can Fruit	Assorted Can Fruit	Assorted Can Fruit
Assorted Juice	Assorted Can Fruit	Assorted Juice	Assorted Juice	Assorted Juice
Assorted Milk	Assorted Juice	Assorted Milk	Assorted Milk	Assorted Milk
Syrup Cup	Assorted Milk	Syrup Cup		Syrup Cup
Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	NO SCHOOL
OR	OR	OR	OR	78
Pancake & Sausage on a Stick	Upstate Yogurt Cup	Confetti Pancake	Mini Blueberry Bash Waffles	
Assorted Can Fruit	Blueberry Muffin Squares	Assorted Can Fruit	Assorted Can Fruit	
Assorted Juice	Assorted Can Fruit	Assorted Juice	Assorted Juice	
Assorted Milk	Assorted Juice	Assorted Milk	Assorted Milk	
Syrup Cup	Assorted Milk	Syrup Cup	Syrup Cup	
	Syrup Cup			