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

1111 10 TO 12 (ago 14 16)							
Monday	Tuesday	Wednesday	Thursday	Friday			
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7			
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	Cinnamon Roll -WG	Mini Maple Madness Waffles			
Assorted Can Fruit	WG Banana Muffin	Toast Sticks (IW)	Assorted Can Fruit	Assorted Can Fruit			
Assorted Juice	Assorted Can Fruit	Assorted Can Fruit	Assorted Juice	Assorted Juice			
Assorted Milk	Assorted Juice	Assorted Juice	Assorted Milk	Assorted Milk			
Syrup Cup	Assorted Milk	Assorted Milk		Syrup Cup			
		Syrup Cup					
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14			
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			
Assorted Can Fruit	Blueberry Muffin Squares	Assorted Can Fruit	Assorted Can Fruit	Cheese			
Assorted Juice	Assorted Can Fruit	Assorted Juice	Assorted Juice	Assorted Can Fruit			
Assorted Milk	Assorted Juice	Assorted Milk	Assorted Milk	Assorted Juice			
Syrup Cup	Assorted Milk	Syrup Cup	Syrup Cup	Assorted Milk			
	Syrup Cup						
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21			
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	Cinnamon Roll -WG	Mini Maple Madness Waffles			
Assorted Can Fruit	WG Banana Muffin	Toast Sticks (IW)	Assorted Can Fruit	Assorted Can Fruit			
Assorted Juice	Assorted Can Fruit	Assorted Can Fruit	Assorted Juice	Assorted Juice			
Assorted Milk	Assorted Juice	Assorted Juice	Assorted Milk	Assorted Milk			
Syrup Cup	Assorted Milk	Assorted Milk		Syrup Cup			
		Syrup Cup					

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 24	Nov 25	Nov 26	Nov 27	Nov 28
Cereal, variety 2 oz.	Cereal, variety 2 oz.	NO SCHOOL		NO SCHOOL
OR	OR		36	
Pancake & Sausage on a Stick	Upstate Yogurt Cup			
Assorted Can Fruit	Blueberry Muffin Squares			
Assorted Juice	Assorted Can Fruit		= Mannet	
Assorted Milk	Assorted Juice		Sondaba	
Syrup Cup	Assorted Milk		ndnksgiving	
	Syrup Cup			
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