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

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 1	Dec 2	Dec 3	Dec 4	Dec 5
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
Mini Maple Pancakes	Upstate Yogurt Cup	Cinnamon Glazed French Toast	Cinnamon Roll -WG	Mini Maple Madness Waffles
Assorted Can Fruit	WG Banana Muffin	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		
Dec 8	Dec 9	Dec 10	Dec 11	Dec 12
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			
Dec 15	Dec 16	Dec 17	Dec 18	Dec 19
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	Cinnamon Roll -WG	Mini Maple Madness Waffles
Assorted Can Fruit	WG Banana Muffin	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
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26
Cereal, variety 2 oz. Assorted Can Fruit Assorted Juice Assorted Milk	NO SCHOOL			
Dec 29	Dec 30	Dec 31		