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

Monday	Tuesday	Wednesday	Thursday	Friday
			Jan 1	Jan 2
Jan 5	Jan 6	Jan	Jan 8	Jan 9
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	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			
Jan 12	Jan 13	Jan 1	4 Jan 15	Jan 16
Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	
OR	OR	OR	OR	NO SCHOOL
Eggo Mini Maple Pancakes	Upstate Yogurt Cup	Cinnamon Glazed French Toast	Cinnamon Roll -WG	NO SCHOOL
Assorted Can Fruit	WG Banana Muffin	Sticks (IW)	Assorted Can Fruit	
Assorted Juice	Assorted Can Fruit	Assorted Can Fruit	Assorted Juice	
Assorted Milk	Assorted Juice	Assorted Juice	Assorted Milk	
Syrup Cup	Assorted Milk	Assorted Milk		
		Syrup Cup		
Jan 19	Jan 20	Jan 2	1 Jan 22	Jan 23
NO SCHOOL	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.	Cereal, variety 2 oz.
	OR	OR	OR	OR
	Upstate Yogurt Cup	Confetti Pancake	Mini Blueberry Bash Waffles	Breakfast Pizza Bacon, Egg and
	Blueberry Muffin	Assorted Can Fruit	Assorted Can Fruit	Cheese
	Assorted Can Fruit	Assorted Juice	Assorted Juice	Assorted Can Fruit
	Assorted Juice	Assorted Milk	Assorted Milk	Assorted Juice
	Assorted Milk	Syrup Cup	Syrup Cup	Assorted Milk
	Syrup Cup			

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 26	Jan 27	Jan 28	Jan 29	Jan 30
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		