Cedar Falls Community Schools

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

Cedar Falls Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct 1	Oct 2	Oct 3	Oct 4
	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese
× **	Filled Cinnamon Toast Crunch Bar	Confetti Pancake	Egg Scramble Bacon & Cheese	Mini Blueberry Bash Waffles
	Assorted Can Fruit	Assorted Can Fruit	WG Banana Muffin	Assorted Can Fruit
The KAR	Assorted Juice	Assorted Juice	Assorted Can Fruit	Assorted Juice
	Assorted Milk	Assorted Milk	Assorted Juice	Assorted Milk
+ 050 1 1		Syrup Cup	Assorted Milk	Syrup Cup
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Oct 7	Oct 8	Oct 9	Oct 10	Oct 11
Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	NO
Eggo Mini Maple Pancakes	Egg Scramble Bacon & Cheese	French Toast Mini Choc. Chip	Cinnamon Roll -WG	
Assorted Can Fruit	WG Banana Muffin	Assorted Can Fruit	Assorted Can Fruit	SCHOOL
Assorted Juice	Assorted Can Fruit	Assorted Juice	Assorted Juice	
Assorted Milk	Assorted Juice	Assorted Milk	Assorted Milk	
	Assorted Milk	Syrup Cup		
Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese
French Toast & Sausage Tornados	Filled Cinnamon Toast Crunch Bar	Confetti Pancake	Egg Scramble Bacon & Cheese	Mini Blueberry Bash Waffles
Assorted Can Fruit	Assorted Can Fruit	Assorted Can Fruit	WG Banana Muffin	Assorted Can Fruit
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Can Fruit	Assorted Juice
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Juice	Assorted Milk
Syrup Cup		Syrup Cup	Assorted Milk	Syrup Cup

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt
Eggo Mini Maple Pancakes	Egg Scramble Bacon & Cheese	French Toast Mini Choc. Chip	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
	Assorted Milk	Syrup Cup		
Oct 28	Oct 29	Oct 30	Oct 31	
Cereal 1oz w/string Cheese	Cereal 1oz w/yogurt	Cereal 1oz w/string Cheese	Happy Halloween	
French Toast & Sausage Tornados	Filled Cinnamon Toast Crunch Bar	Confetti Pancake	Cereal 1oz w/yogurt	
Assorted Can Fruit	Assorted Can Fruit	Assorted Can Fruit	Egg Scramble Bacon & Cheese	
Assorted Juice	Assorted Juice	Assorted Juice	WG Banana Muffin	
Assorted Milk	Assorted Milk	Assorted Milk	Assorted Can Fruit	
Syrup Cup		Syrup Cup	Assorted Juice	
			Assorted Milk	