

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

Cedar Falls Community Schools

Cedar Falls Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 2 Cereal 1oz w/yogurt Eggo Mini Maple Pancakes Assorted Can Fruit Assorted Juice Assorted Milk	Dec 3 Cereal 1oz w/string Cheese Egg Scramble Bacon & Cheese WG Banana Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Dec 4 Cereal 1oz w/yogurt French Toast Mini Choc. Chip Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Dec 5 Cereal 1oz w/string Cheese Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Dec 6 Cereal 1oz w/yogurt Mini Maple Madness Waffles Assorted Can Fruit Assorted Juice Assorted Milk
Dec 9 Cereal 1oz w/string Cheese French Toast & Sausage Tornadoes Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Dec 10 Cereal 1oz w/yogurt Filled Cinnamon Toast Crunch Bar Assorted Can Fruit Assorted Juice Assorted Milk	Dec 11 Cereal 1oz w/string Cheese Confetti Pancake Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Dec 12 Cereal 1oz w/yogurt Egg Scramble Bacon & Cheese WG Banana Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Dec 13 Cereal 1oz w/string Cheese Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup
Dec 16 Cereal 1oz w/yogurt Eggo Mini Maple Pancakes Assorted Can Fruit Assorted Juice Assorted Milk	Dec 17 Cereal 1oz w/string Cheese Egg Scramble Bacon & Cheese WG Banana Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Dec 18 Cereal 1oz w/yogurt French Toast Mini Choc. Chip Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Dec 19 Cereal 1oz w/string Cheese Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Dec 20 Cereal 1oz w/yogurt Mini Maple Madness Waffles Assorted Can Fruit Assorted Juice Assorted Milk