

# Iowa Valley Breakfast Menu grades 7-12

## January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu is subject to change	1 No School	2 No School	3 Omelet & Toast Or Cinnamon Toast Crunch Cereal & Toast	4 Sausage Breakfast Piz- za, Yogurt Or Reeses Puffs, Yogurt	5 Long Johns Or Lucky Charms	6
7	8 Bacon Egg Scramble, Cheese Stick Or Golden Grahams, Yo- gurt	9 Cherry Frudel Or Lucky Charms, Yogurt	10 Breakfast Sandwich Or Cinnamon Toast Crunch Cereal & Toast	11 Sausage Breakfast Piz- za, Yogurt Or Reeses Puffs, Yogurt	12 Ring Donut Or Lucky Charms	13
14	15 No School	16 Pancake Sausage Stick Or Lucky Charms, Yogurt	17 Omelet & Toast Or Cinnamon Toast Crunch Cereal & Toast	18 Sausage Breakfast Piz- za, Yogurt Or Reeses Puffs, Yogurt	19 Long Johns Or Lucky Charms	20
21	22 Bacon Egg Scramble, Cheese Stick Or Golden Grahams, Yo- gurt	23 French Toast Sticks Or Lucky Charms, Yogurt	24 Omelet & Toast Or Cinnamon Toast Crunch Cereal & Toast	25 Sausage Breakfast Piz- za, Yogurt Or Reeses Puffs, Yogurt	26 Ring Donut Or Lucky Charms	27
28	29 Bacon Egg Scramble, Cheese Stick Or Golden Grahams, Yo- gurt	30 Pancake Sausage Stick Or Lucky Charms, Yogurt	31 Omelet & Toast Or Cinnamon Toast Crunch Cereal & Toast	Milk, Juice and Fruit are part of the meal	This institution is an equal opportunity provider	