

# Iowa Valley Breakfast Menu grades 7-12

## For October 2017

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