

Iowa Valley Breakfast Menu grades 7-12 for October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Menu is subject to change</i>	1 Pancake Sausage Bites Or Cereal, Yogurt	2 Bacon Egg Scramble Cheese Stick Or Cereal, Cheese Stick	3 Omelet, Toast Or Cereal, Toast	4 Sausage Breakfast Pizza Yogurt Or Cereal, Yogurt	5 Cinnamon Sugar Donut Or Cereal, Yogurt	6
7	8 French Toast Sticks Or Cereal, Yogurt	9 Bacon Egg Scramble Cheese Stick Or Cereal, Cheese Stick	10 Omelet, Toast Or Cereal, Toast	11 Sausage Breakfast Pizza Yogurt Or Cereal, Yogurt	12 Cinnamon Sugar Long John Or Cereal, Yogurt	13
14	15 Pancake Sausage Stick Or Cereal, Yogurt	16 Bacon Egg Scramble Cheese Stick Or Cereal, Cheese Stick	17 Omelet, Toast Or Cereal, Toast	18 Sausage Breakfast Pizza Yogurt Or Cereal, Yogurt	19 Cinnamon Sugar Donut Or Cereal, Yogurt	20
21	22 French Toast Or Cereal, Yogurt	23 Bacon Egg Scramble Cheese Stick Or Cereal, Cheese Stick	24 Omelet, Toast Or Cereal, Toast	25 Sausage Breakfast Pizza Yogurt Or Cereal, Yogurt	26 Cinnamon Sugar Long John Or Cereal, Yogurt	27
28	29 Pancake Sausage Bites Or Cereal, Yogurt	30 Bacon Egg Scramble Cheese Stick Or Cereal, Cheese Stick	31 Omelet, Toast Or Cereal, Toast	<i>Milk, Juice and Fruit are part of the meal</i>	<i>This institution is an equal opportunity pro- vider</i>	