

# October 2020

## Secondary Schools Breakfast Menu

### BREAKFAST



Milk is offered with all meals.  
Menus are subject to change  
Number following item indicates carbs.



\*Items are a pork product.



We are always looking for Food Service Substitutes.  
Contact Human Resources today!



Waterloo Community School District is an Equal Opportunity Employer.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Coco Puffs 21 **5**  
Butterscotch Bar 24  
Orange Juice  
Pineapple Cup 18

Lucky Charms 21 **6**  
Poptart, Fudge 37  
Berry Juicy Juice 15  
Mandarin Orange Cup 17

Trix 18 **7**  
Breakfast Cookie 44  
Grape Juicy Juice 15  
Applesauce 13

Frosted Flakes 24 **8**  
Apple Delight Bar 27  
Apple Juicy Juice 15  
Pear Cup 18

Frosted strawberry Poptart **2**  
Cereal Bar 30  
Juice 15  
Fruit

Cheerios 14 **9**  
Berry/Lemon Cracker 21  
Juice 15  
Fruit

Apple Jacks 24 **12**  
Campfire S'more 24  
Orange Juice  
Pineapple Cup 18

Froot Loops 16 **13**  
Granola Bar 19  
Berry Juicy Juice 15  
Mandarin Orange Cup 17

Fruity Cheerios 25 **14**  
Poptart, Strawberry 37  
Grape Juicy Juice 15  
Applesauce 13

No School **15**

No School **16**

Trix 18 **19**  
Chocolate Oatmeal Bar 24  
Orange Juice  
Pineapple Cup 18

Lucky Charms 21 **20**  
Cinnamon Crisp 25  
Berry Juicy Juice 15  
Mandarin Orange Cup 17

Cinn Crunch Cereal 21 **21**  
Poptart, Cinnamon 37  
Grape Juicy Juice 15  
Applesauce 13

Apple Jacks 24 **22**  
S-berry Grain Bar 27  
Apple Juicy Juice 15  
Pear Cup 18

No School **23**

Coco Puffs 21 **26**  
Butterscotch Bar 24  
Orange Juice  
Pineapple Cup 18

Lucky Charms 21 **27**  
Poptart, Fudge 37  
Berry Juicy Juice 15  
Mandarin Orange Cup 17

Trix 18 **28**  
Breakfast Cookie 44  
Grape Juicy Juice 15  
Applesauce 13

Frosted Flakes 24 **29**  
Apple Delight Bar 27  
Apple Juicy Juice 15  
Pear Cup 18

Cheerios 14 **30**  
Berry/Lemon Cracker 21  
Juice 15  
Fruit