

# 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  
Butterscotch Bar 24  
Orange Juice  
Pineapple Cup 18

5

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

6

Trix 18  
Breakfast Cookie 44  
Grape Juicy Juice 15  
Applesauce 13

7

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

8

Cheerios 14  
Berry/Lemon Cracker 21  
Juice 15  
Fruit

9

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

12

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

13

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

14

Golden Grahams 24  
Brookie 33  
Apple Juicy Juice 15  
Pear Cup 18

15

Coco Puffs 21  
Strawberry Delight Bar 27  
Juice 15  
Fruit

16

Trix 18  
Chocolate Oatmeal Bar 24  
Orange Juice  
Pineapple Cup 18

19

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

20

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

21

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

22

Frosted strawberry Poptart  
Cereal Bar 30  
Juice 15  
Fruit

23

Coco Puffs 21  
Butterscotch Bar 24  
Orange Juice  
Pineapple Cup 18

26

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

27

Trix 18  
Breakfast Cookie 44  
Grape Juicy Juice 15  
Applesauce 13

28

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

29

Cheerios 14  
Berry/Lemon Cracker 21  
Juice 15  
Fruit

30