

Contact Jo Apling with any questions or concerns
319-987-2581

Menu is subject to change, based on product availability.
This institution is an equal opportunity provider.

MONDAY

Poptarts
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

1

TUESDAY

Pumpkin Chocolate Chip
Muffin
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

2

WEDNESDAY

Cinnamon Roll
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

3

THURSDAY

Mini French Toast
Fruit and Fruit Juice
Milk

4

FRIDAY

Blueberry Muffin
Fruit and Fruit Juice
Milk

5

Pancakes/Syrup
Fruit and Fruit Juice
Milk

8

Chocolate Muffin
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

9

Cinni Mini
Fruit and Fruit Juice
Milk

10

Frosted Long John
Fruit and Fruit Juice
Milk

11

Mini Waffles
Fruit and Fruit Juice
Milk

12

Mini Donuts
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

15

Assorted Cereal
Fruit and Fruit Juice
Milk

16

Cinnamon Breakfast Cake
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

17

Banana Muffin
Fruit and Fruit Juice
Milk

18

Mini French Toast
Fruit and Fruit Juice
Milk

19

Poptarts
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

22

Pumpkin Chocolate Chip
Muffin
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

23

Cinnamon Roll
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

24

Mini French Toast
Fruit and Fruit Juice
Milk

25

Blueberry Muffin
Fruit and Fruit Juice
Milk

26

Pancakes/Syrup
Fruit and Fruit Juice
Milk

29

Chocolate Muffin
Yogurt or String Cheese
Fruit and Fruit Juice
Milk

30

