



**River Falls Elementary October Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
*Breakfast Pizza Or Cinnamon Toast Crunch and Cheese Stick and Choice of Diced Pears 100% Apple Juice Choice of Low Fat Milk	*Bacon, Egg & Cheese Bagel Or Cocoa Puffs Cereal and Apple Cinnamon Muffin and Choice of Applesauce 100% Orange Juice Choice of Low Fat Milk	French Toast Sticks with Syrup Or Build Your Own Yogurt Parfait and Choice of Diced Peaches 100% Apple Juice Cup Choice of Low Fat Milk	Egg & Cheese Bagel Or Honey Nut Cheerios Cereal and Blueberry Muffin and Choice of Mixed Fruit 100% Apple Juice Cup Choice of Low Fat Milk	*Pancake & Sausage on a Stick Or Mini Filled Strawberry & Cream Cheese Bagel and Choice of Fresh Orange Wedges 100% Grape Juice Cup Choice of Low Fat Milk
9	10	11	12	13
<b>NO SCHOOL</b>	*Bacon, Egg & Cheese Biscuit Or Cocoa Puffs Cereal and Apple Cinnamon Muffin and Choice of Applesauce 100% Orange Juice Cup Choice of Low Fat Milk	French Toast Sticks with Syrup Or Build Your Own Yogurt Parfait and Choice of Diced Peaches 100% Apple Juice Cup Choice of Low Fat Milk	Egg & Cheese Bagel Or Honey Nut Cheerios Cereal and Blueberry Muffin and Choice of Mixed Fruit 100% Apple Juice Cup Choice of Low Fat Milk	*Pancake & Sausage on a Stick Or Mini Filled Strawberry & Cream Cheese Bagel and Choice of Fresh Orange Wedges 100% Grape Juice Cup Choice of Low Fat Milk
16	17	18	19	20
*Breakfast Pizza Or Cinnamon Toast Crunch and Cheese Stick and Choice of Diced Pears 100% Apple Juice Choice of Low Fat Milk	*Bacon, Egg & Cheese Biscuit Or Cocoa Puffs Cereal and Apple Cinnamon Muffin and Choice of Applesauce 100% Orange Juice Cup Choice of Low Fat Milk	French Toast Sticks with Syrup Or Build Your Own Yogurt Parfait and Choice of Diced Peaches 100% Apple Juice Cup Choice of Low Fat Milk	Egg & Cheese Bagel Or Honey Nut Cheerios Cereal and Blueberry Muffin and Choice of Mixed Fruit 100% Apple Juice Cup Choice of Low Fat Milk	*Pancake & Sausage on a Stick Or Mini Filled Strawberry & Cream Cheese Bagel and Choice of Fresh Orange Wedges 100% Grape Juice Cup Choice of Low Fat Milk
23	24	25	26	27
*Breakfast Pizza Or Cinnamon Toast Crunch and Blueberry Muffin and Choice of Diced Pears 100% Apple Juice Cup Choice of Low Fat Milk	*Bacon, Egg & Cheese Biscuit Or Cocoa Puffs Cereal and Apple Cinnamon Muffin and Choice of Applesauce 100% Orange Juice Cup Choice of Low Fat Milk	French Toast Sticks with Syrup Or Build Your Own Yogurt Parfait and Choice of Diced Peaches 100% Apple Juice Cup Choice of Low Fat Milk	Egg & Cheese Bagel Or Honey Nut Cheerios Cereal and Blueberry Muffin and Choice of Mixed Fruit 100% Apple Juice Cup Choice of Low Fat Milk	*Pancake & Sausage on a Stick Or Mini Filled Strawberry & Cream Cheese Bagel and Choice of Fresh Orange Wedges 100% Grape Juice Cup Choice of Low Fat Milk
30	31			1
*Breakfast Pizza Or Cinnamon Toast Crunch and Cheese Stick and Choice of Diced Pears 100% Apple Juice Cup Choice of Low Fat Milk	*Bacon, Egg & Cheese Biscuit Or Cocoa Puffs Cereal and Apple Cinnamon Muffin and Choice of Applesauce 100% Orange Juice Choice of Low Fat Milk			

Milk.... Skim, 1% and Chocolate Skim available daily

\* - May Contain Pork  
WG - Whole Grain



Student Breakfast \$1.50  
Reduced Breakfast Price \$ .30  
Adult Breakfast \$1.80

Milk 1/2 pt. \$.50

Menu Subject to Change Without Notice. Questions or Comments: Contact Dining Services At 715-425-1830

*USDA is a Equal Opportunity provider and employer*

Food Service Director-Sherry Bruggeman