

OCTOBER 2026 - COUNCIL BLUFFS

Cafeteria Breakfast Menu

Week	Mon	Tues	Wed	Thurs	Fri
				1	2
1				Pancake Sausage - Stick or Cereal/ Muffin** Fruit & Juice Milk	Cereal Choc Chip Oat Bar** Fruit & Juice Milk
	5	6	7	8	9
2	Cereal Poptart** Fruit & Juice Milk	Breakfast Egg Wrap** or Powdered Sugar Mini Donuts** Fruit & Juice Milk	Snackin' Maple Waffles** or Cereal/ Muffin** Fruit & Juice Milk	Egg & Cheese on English Muffin** or Cereal/ Cheerio Bar** Fruit & Juice Milk	Cereal Breakfast Snackbread** Fruit & Juice Milk
	12	13	14	15	16
3	Cereal Nutrigrain Bar** Fruit & Juice Milk	Breakfast Egg Roll or Cereal Choc Chip Oatmeal Bar** Fruit & Juice Milk	Cereal Cake Donut** Fruit & Juice Milk	Egg Omelet Biscuit** or Cereal/ Str Cheerio Bar** Fruit & Juice Milk	Cereal Muffin** Fruit & Juice Milk
	19	20	21	22	23
4	Cereal Poptart** Fruit & Juice Milk	Mini Confetti Pancakes** or Cereal Double Choc Oat Bar** Fruit & Juice Milk	Blueberry Bagels ** w/ Cream Cheese Fruit & Juice Milk	Sausage Brkfst Pizza or Cereal/ Trix Bar** Fruit & Juice Milk	Cherry Frudel** or Cereal/ Muffin Top** Fruit & Juice Milk
	26	27	28	29	30
5	Cereal Nutrigrain Bar** Fruit & Juice Milk	Egg & Sausage Brkfst Pizza or Chocoate Mini Donuts** Fruit & Juice Milk	Cereal Toast- Cinn/ Sugar** Fruit & Juice Milk	Remote Learning Day No School	No School

See ** for meat free options *Menu subject to change without notice *Milk offered daily

*This institution is a equal opportunity provider

Council Bluffs Schools participates in the fresh fruit & vegetable program