



OCTOBER 2026

Meniyuuga Quraacda Dugsiga Sare RCSD

Shaqaaleysiinta RCSD waa fursad loo simanyahay. Meniyuuga woo isbadalaa karaa waqti kasto.

Isniin

Monday

Talaado

Tuesday

Arbaco

Wednesday

Khamiis

Thursday

Jimco

Friday

Moose Shukulaato Jabjab Baar

Maple Waffle leh Dooro Sasej Sandwij

Turki Ham, Sasej, Farmaajo & Ukun Rooti Quraac Fidsan

Rooti French Dhaadheer

Buskud Ultimate Breakfast Round

Maalinta
Dadka Asalka
(Dhamaan xarumaha wey xiranyihiin)

Biisa Quraac

Bagel leh/Farmaajo & Malmalaato

Waffles ka Eggo Froot Loop (V)

Blueberry Romaan Granola Baar

Tufaax Benefit Baar

Bagel leh/Ukun & Turki Sasej

Cinnamon Toast Crunch Filled Baar (V)

Waffles ka Buttery Maple Snack'n (V)

Buskud Ultimate Breakfast Round

Siiriyaalka Oatmeal Apple Cinnamon Cheerios (V)

Turki Sasej Ukun & Farmaajo Quraac

Ukun & Farmaajo Rooti Cufan

Canjeero Blueberry Yaryar

Bagel Strawberry Yaryar

Wayaabaha la Bixiyo Maalin Kasto:

Doorashada Caanaha: Dufun la'aan, 1% Cadaan, Shukulaato Dufun la'aan,

Subag Digir & Malmalaato Sandwij (VG), iyo

Furuut, Siiriyaal Qamadi Kala Duwan