

CEDAR FALLS SCHOOLS
Riverhills Lunch
HHFKA 9-12 (age 14-18)

Cedar Falls Community Schools

High School

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb 1 Pizza Hut Pepperoni Pizza Glazed Carrots Action Applesauce Cup Assorted Milk Assorted Juice Ranch Cup	Feb 2 WG Breaded Chicken Sandwich Golden Pirates Steamed Corn Wild Blueberries w/whip topping Taco Sauce Packet Assorted Milk Assorted Juice Ketchup Mustard Ranch Cup	Feb 3 Cheese Stick Dipper French Fries Assorted Can Fruit Assorted Juice Assorted Milk Marinara Sauce Ranch Cup
Feb 6 Rotini w/ Beef Sauce Garlic Breadstick Action Applesauce Cup Assorted Milk Assorted Juice Ranch Cup	Feb 7 Beef Nachos Tostido Chips Refried Beans Topped with Cheese Crispy Apple Slices Assorted Milk Assorted Juice Ranch Cup	Feb 8 Pizza Hut Sausage Pizza Pizza Hut Cheese Pizza Power Peas Strawberry Cup Assorted Milk Assorted Juice Ranch Cup	Feb 9 Hot Dog on a Bun Steamed Golden Corn Sunshine Peaches Assorted Milk Assorted Juice Ketchup Mustard Ranch Cup	Feb 10 French Toast Sticks Sausage Patty Hashbrown Patty Assorted Can Fruit Assorted Milk Assorted Juice Syrup Cup Ranch Cup
Feb 13 Chicken Tenders Garlic Breadstick Bandit Baked Beans Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Ranch Cup	Feb 14 Bosco Stick with Yogurt Steamed Golden Corn Sunshine Peaches Assorted Milk Assorted Juice Marinara Sauce Ranch Cup	Feb 15 Pizza Hut Sausage Pizza Silly Dilly Green Beans Mighty Mandarin Oranges Assorted Milk Assorted Juice Ranch Cup	Feb 16 WG Breaded Chicken Sandwich French Fries Yellow Mellow Banana Assorted Milk Ketchup Assorted Juice Mustard Ranch Cup	Feb 17 No School

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">Feb 20</p> <p>Mini Corn Dogs Country Mix Veggies Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Mustard Ranch Cup</p>	<p style="text-align: right;">Feb 21</p> <p>Walking Tacos Refried Beans Topped with Cheese Strawberry Cup Sour Cream Taco Sauce Packet Assorted Milk Ranch Cup Assorted Juice</p>	<p style="text-align: right;">Feb 22</p> <p>Pizza Hut Pepperoni Pizza Pizza Hut Cheese Pizza Silly Dilly Green Beans Wild Blueberries w/whip topping Assorted Milk Assorted Juice Ranch Cup</p>	<p style="text-align: right;">Feb 23</p> <p>Fiestada Pizza Steamed Golden Corn Mighty Mandarin Oranges Assorted Milk Assorted Juice Tartar Sauce Ranch Cup</p>	<p style="text-align: right;">Feb 24</p> <p>Mini Blueberry Bash Waffles Sausage Patty Glazed Carrots Assorted Can Fruit Assorted Milk Assorted Juice Syrup Cup Ranch Cup</p>
<p style="text-align: right;">Feb 27</p> <p>Chicken Nuggets Garlic Breadstick Monster Mashed Potatoes W/Gravy Chicken Gravy Razzle Dazzle Berries Assorted Milk Assorted Juice Ketchup Ranch Cup</p>	<p style="text-align: right;">Feb 28</p> <p>French Toast Sticks Sausage Patty Hashbrown Patty Crispy Apple Slices Assorted Milk Assorted Juice Syrup Cup Ranch Cup</p>			

CEDAR FALLS SCHOOLS
River Breakfast
HHFKA 9-12 (age 14-18)

Cedar Falls Community Schools

High School

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb 1 Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Feb 2 Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 3 Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk
Feb 6 Cereal 1oz w/yogurt Super Donut Assorted Can Fruit Assorted Juice Assorted Milk	Feb 7 Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Feb 8 Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 9 Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Feb 10 Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk
Feb 13 Cereal 1oz w/yogurt Strawberry Pancake Bowl Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 14 Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 15 Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Feb 16 Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 17 No School
Feb 20 Cereal 1oz w/yogurt Super Donut Assorted Can Fruit Assorted Juice Assorted Milk	Feb 21 Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup Mini French Toast	Feb 22 Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 23 Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Feb 24 Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk

Jan 24, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">Feb 27</p> <p>Cereal 1oz w/yogurt Strawberry Pancake Bowl Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;">Feb 28</p> <p>Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk</p>			