

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

Cedar Falls Community Schools

Cedar Falls Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 22	Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk
Aug 29	Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk
Sep 5 LABOR DAY - NO SCHOOL	Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk
Sep 12	Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk
Sep 19	Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk
Sep 26	Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk

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

Cedar Falls Community Schools

Cedar Falls Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right"><b>Aug 22</b></p>	<p align="right"><b>Aug 23</b></p> <p>Bosco Stick with Yogurt            Steamed Golden Corn            Sunshine Peaches            Assorted Milk            Assorted Juice            Marinara Sauce            Ranch Cup</p>	<p align="right"><b>Aug 24</b></p> <p>Pizza Hut Sausage Piz            za            Silly Dilly Green Beans            Mighty Mandarin Orange            s            Assorted Milk            Assorted Juice            Ranch Cup</p>	<p align="right"><b>Aug 25</b></p> <p>WG Breaded Chicken S            andwich            Bandit Baked Beans            Yellow Mellow Banana            Assorted Milk            Ketchup            Assorted Juice            Mustard            Ranch Cup</p>	<p align="right"><b>Aug 26</b></p> <p>Pizza Crunchers            Malibu Classic Vegetabl            e            Assorted Can Fruit            Assorted Milk            Assorted Juice            Ranch Cup</p>
<p align="right"><b>Aug 29</b></p> <p>Mini Corn Dogs            Country Mix Veggies            Action Applesauce Cup            Assorted Milk            Assorted Juice            Ketchup            Mustard            Ranch Cup</p>	<p align="right"><b>Aug 30</b></p> <p>Walking Tacos            Refried Beans Topped w            ith Cheese            Strawberry Cup            Sour Cream            Taco Sauce Packet            Assorted Milk            Ranch Cup            Assorted Juice</p>	<p align="right"><b>Aug 31</b></p> <p>Pizza Hut Pepperoni Piz            za            Pizza Hut Cheese Pizza            Silly Dilly Green Beans            Wild Blueberries w/whip            topping            Assorted Milk            Assorted Juice            Ranch Cup</p>	<p align="right"><b>Sep 1</b></p> <p>Fish Sticks            Teddy Graham            Steamed Golden Corn            Mighty Mandarin Orange            s            Assorted Milk            Assorted Juice            Tartar Sauce            Ranch Cup</p>	<p align="right"><b>Sep 2</b></p> <p>EARLY DISMISSAL            Mini Blueberry Bash Waf            fles            Sausage Patty            Glazed Carrots            Assorted Can Fruit            Assorted Milk            Assorted Juice            Syrup Cup            Ranch Cup</p>
<p align="right"><b>Sep 5</b></p> <p>LABOR DAY - NO SCH            OOL</p>	<p align="right"><b>Sep 6</b></p> <p>French Toast Sticks            Hashbrown Patty            Crispy Apple Slices            Assorted Milk            Assorted Juice            Syrup Cup            Ranch Cup</p>	<p align="right"><b>Sep 7</b></p> <p>Pizza Hut Sausage Piz            za            Silly Dilly Green Beans            Pot of Gold Pineapple            Assorted Milk            Assorted Juice            Ranch Cup</p>	<p align="right"><b>Sep 8</b></p> <p>Popcorn Chicken            Brown Rice            Mighty Mandarin Orange            s            Assorted Milk            Assorted Juice            Ranch Cup            Ketchup</p>	<p align="right"><b>Sep 9</b></p> <p>Creamy Macaroni Chee            se            Tiger Graham Bites            Bandit Baked Beans            Assorted Can Fruit            Assorted Milk            Ranch Cup</p>
<p align="right"><b>Sep 12</b></p> <p>Beef Sticks            Goldfish Crackers            Silly Dilly Green Beans            Sunshine Peaches            Assorted Milk            Assorted Juice            Ketchup            Ranch Cup</p>	<p align="right"><b>Sep 13</b></p> <p>Walking Tacos            Refried Beans Topped w            ith Cheese            Lettuce Taco Cup            Mighty Mandarin Orange            s            Assorted Milk            Assorted Juice            Taco Sauce Packet            Sour Cream            Ranch Cup</p>	<p align="right"><b>Sep 14</b></p> <p>Pizza Hut Pepperoni Piz            za            Glazed Carrots            Action Applesauce Cup            Assorted Milk            Assorted Juice            Ranch Cup</p>	<p align="right"><b>Sep 15</b></p> <p>WG Breaded Chicken S            andwich            Golden Pirates Steamed            Corn            Wild Blueberries w/whip            topping            Taco Sauce Packet            Assorted Milk            Assorted Juice            Ketchup            Mustard            Ranch Cup</p>	<p align="right"><b>Sep 16</b></p> <p>Cheese Stick Dipper            French Fries            Assorted Can Fruit            Assorted Juice            Assorted Milk            Marinara Sauce            Ranch Cup</p>

Sep 19

Rotini w/ Beef Sauce  
Garlic Breadstick  
Action Applesauce Cup  
Assorted Milk  
Assorted Juice  
Ranch Cup

Sep 20

Beef Nachos  
Tostido Chips  
Refried Beans Topped w  
ith Cheese  
Crispy Apple Slices  
Assorted Milk  
Assorted Juice  
Ranch Cup

Sep 21

Pizza Hut Sausage Pizz  
a  
Pizza Hut Cheese Pizza  
Power Peas  
Strawberry Cup  
Assorted Milk  
Assorted Juice  
Ranch Cup

Sep 22

Hot Dog on a Bun  
Steamed Golden Corn  
Sunshine Peaches  
Assorted Milk  
Assorted Juice  
Ketchup  
Mustard  
Ranch Cup

Sep 23

French Toast Sticks  
Hashbrown Patty  
Assorted Can Fruit  
Assorted Milk  
Assorted Juice  
Syrup Cup  
Ranch Cup

Sep 26

Chicken Tenders  
Tiger Graham Bites  
French Fries  
Action Applesauce Cup  
Assorted Milk  
Assorted Juice  
Ketchup  
Ranch Cup

Sep 27

Bosco Stick with Yogurt  
Steamed Golden Corn  
Sunshine Peaches  
Assorted Milk  
Assorted Juice  
Marinara Sauce  
Ranch Cup

Sep 28

Pizza Hut Sausage Pizz  
a  
Silly Dilly Green Beans  
Mighty Mandarin Orange  
s  
Assorted Milk  
Assorted Juice  
Ranch Cup

Sep 29

WG Breaded Chicken S  
andwich  
Bandit Baked Beans  
Yellow Mellow Banana  
Assorted Milk  
Ketchup  
Assorted Juice  
Mustard  
Ranch Cup

Sep 30

Pizza Crunchers  
Malibu Classic Vegetabl  
e  
Assorted Can Fruit  
Assorted Milk  
Assorted Juice  
Ranch Cup

Aug 16, 2022