

**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>Nov 1</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>Nov 2</b></p> <p>Pizza Hut Sausage Piz            a            Silly Dilly Green Beans            Mighty Mandarin Orange            s            Assorted Milk            Assorted Juice            Ranch Cup</p>	<p align="right"><b>Nov 3</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>Nov 4</b></p> <p>Pizza Crunchers            Malibu Classic Vegetabl            e            Assorted Can Fruit            Assorted Milk            Assorted Juice            Ranch Cup</p>
<p align="right"><b>Nov 7</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>Nov 8</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>Nov 9</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>Nov 10</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>Nov 11</b></p> <p>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>Nov 14</b></p> <p>Chicken Nuggets            Garlic Breadstick            Monster Mashed Potato            es W/Gravy            Chicken Gravy            Razzle Dazzle Berries            Assorted Milk            Assorted Juice            Ketchup            Ranch Cup</p>	<p align="right"><b>Nov 15</b></p> <p>French Toast Sticks            Hashbrown Patty            Crispy Apple Slices            Assorted Milk            Assorted Juice            Syrup Cup            Ranch Cup</p>	<p align="right"><b>Nov 16</b></p> <p>Pizza Hut Sausage Piz            a            Silly Dilly Green Beans            Pot of Gold Pineapple            Assorted Milk            Assorted Juice            Ranch Cup</p>	<p align="right"><b>Nov 17</b></p> <p>Popcorn Chicken            Brown Rice            Mighty Mandarin Orange            s            Assorted Milk            Assorted Juice            Ranch Cup            Ketchup</p>	<p align="right"><b>Nov 18</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>Nov 21</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>Nov 22</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>Nov 23</b></p> <p>THANKSGIVING BREA            K BEGINS</p>	<p align="right"><b>Nov 24</b></p>	<p align="right"><b>Nov 25</b></p>

Nov 28

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

Nov 29

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

Nov 30

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

Oct 17, 2022

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**River Breakfast**  
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Monday	Tuesday	Wednesday	Thursday	Friday
	Nov 1 Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 2 Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 3 Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Nov 4 Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk
Nov 7 Cereal 1oz w/yogurt Super Donut Assorted Can Fruit Assorted Juice Assorted Milk	Nov 8 Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 9 Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 10 Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Nov 11 Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk
Nov 14 Cereal 1oz w/yogurt Strawberry Pancake Bowl Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 15 Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Nov 16 Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk	Nov 17 Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 18 Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk
Nov 21 Cereal 1oz w/yogurt Super Donut Assorted Can Fruit Assorted Juice Assorted Milk	Nov 22 Cereal 1oz w/yogurt Mini Blueberry Bash Waffles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 23	Nov 24	Nov 25
Nov 28 Cereal 1oz w/yogurt Strawberry Pancake Bowl Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Nov 29 Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Nov 30 Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk		

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