

**CEDAR FALLS SCHOOLS**

Cedar Falls Community Schools

River Breakfast

High School

HHFKA 9-12 (age 14-18)

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;"><b>Nov 1</b></p> <p>Cereal 1oz w/yogurt French Toast Sticks Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;"><b>Nov 2</b></p> <p>Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 3</b></p> <p>Cereal 1oz w/yogurt Pottitz Pancake Bites Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p style="text-align: right;"><b>Nov 6</b></p> <p>Cereal 1oz w/yogurt Breakfast Egg &amp; Cheese Bagel Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;"><b>Nov 7</b></p> <p>Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 8</b></p> <p>Cereal 1oz w/yogurt Confetti Pancake Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 9</b></p> <p>Cereal 1oz w/yogurt Egg Scramble Bacon &amp; Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup</p>	<p style="text-align: right;"><b>Nov 10</b></p> <p>Cereal 1oz w/yogurt Early Risers Stuffed Has hbrown Assorted Can Fruit Assorted Juice Assorted Milk Ketchup</p>
<p style="text-align: right;"><b>Nov 13</b></p> <p>Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 14</b></p> <p>Cereal 1oz w/yogurt Egg Scramble Bacon &amp; Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup</p>	<p style="text-align: right;"><b>Nov 15</b></p> <p>Cereal 1oz w/yogurt French Toast Sticks Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;"><b>Nov 16</b></p> <p>Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 17</b></p> <p>Cereal 1oz w/yogurt Pottitz Pancake Bites Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p style="text-align: right;"><b>Nov 20</b></p> <p>Cereal 1oz w/yogurt Breakfast Egg &amp; Cheese Bagel Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;"><b>Nov 21</b></p> <p>Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 22</b></p>	<p style="text-align: right;"><b>Nov 23</b></p>	<p style="text-align: right;"><b>Nov 24</b></p>
<p style="text-align: right;"><b>Nov 27</b></p> <p>Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;"><b>Nov 28</b></p> <p>Cereal 1oz w/yogurt Egg Scramble Bacon &amp; Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup</p>	<p style="text-align: right;"><b>Nov 29</b></p> <p>Cereal 1oz w/yogurt French Toast Sticks Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;"><b>Nov 30</b></p> <p>Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk</p>	

Oct 16, 2023

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

Cedar Falls Community Schools

High School

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="right"><b>Nov 1</b></p> Pizza Hut Sausage Pizza Silly Dilly Green Beans Mighty Mandarin Oranges Assorted Milk Assorted Juice Ranch Cup	<p align="right"><b>Nov 2</b></p> WG Breaded Chicken Sandwich French Fries Crispy Apple Slices Assorted Milk Ketchup Assorted Juice Mustard Ranch Cup	<p align="right"><b>Nov 3</b></p> Pizza Crunchers Malibu Classic Vegetable Assorted Can Fruit Assorted Milk Assorted Juice Ranch Cup Chocolate Chip Cookie
<p align="right"><b>Nov 6</b></p> Pretzel Dog w/ Cheese Sauce Golden Pirates Steamed Corn Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Mustard Ranch Cup	<p align="right"><b>Nov 7</b></p> Walking Tacos (E) Fiesta Beans Strawberry Cup Sour Cream Taco Sauce Packet Assorted Milk Ranch Cup Assorted Juice	<p align="right"><b>Nov 8</b></p> Pizza Hut Pepperoni Pizza Silly Dilly Green Beans Wild Blueberries w/whipped topping Assorted Milk Assorted Juice Ranch Cup	<p align="right"><b>Nov 9</b></p> Tangerine Chicken Fried Rice Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Tartar Sauce Ranch Cup	<p align="right"><b>Nov 10</b></p> Chicken Wing Friday(E) Parmesan Peas Assorted Can Fruit Assorted Milk Assorted Juice Syrup Cup Ranch Cup
<p align="right"><b>Nov 13</b></p> Chicken Nuggets Garlic Breadstick Monster Mashed Potatoes W/Gravy Chicken Gravy Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Ranch Cup	<p align="right"><b>Nov 14</b></p> French Toast Sticks Sausage Patty Hashbrown Patty Crispy Apple Slices Assorted Milk Assorted Juice Syrup Cup Ranch Cup	<p align="right"><b>Nov 15</b></p> Pizza Hut Sausage Pizza Silly Dilly Green Beans Pot of Gold Pineapple Assorted Milk Assorted Juice Ranch Cup	<p align="right"><b>Nov 16</b></p> WG Breaded Chicken Sandwich Baby Carrots Wild Blueberries w/whipped topping Assorted Milk Assorted Juice Ranch Cup Ketchup	<p align="right"><b>Nov 17</b></p> Macaroni Cheese with Beef Li' Smokies Chocolate Chip Cookie Bandit Baked Beans Assorted Can Fruit Assorted Milk Ranch Cup
<p align="right"><b>Nov 20</b></p> Egg Scramble Bacon & Cheese BARS, PUMPKIN, CREAM CHEESE FR Veggie Littles Sunshine Peaches Assorted Milk Assorted Juice Ketchup Ranch Cup	<p align="right"><b>Nov 21</b></p> Taco Beef & Cheese Burrito Refried Beans Topped with Cheese Lettuce Taco Cup Mighty Mandarin Oranges Assorted Milk Assorted Juice Taco Sauce Packet Sour Cream Ranch Cup	<p align="right"><b>Nov 22</b></p>	<p align="right"><b>Nov 23</b></p>	<p align="right"><b>Nov 24</b></p>

Nov 27

Cheeseburger on a Bun  
Golden Pirates Steamed  
Corn  
Action Applesauce Cup  
Assorted Milk  
Assorted Juice  
Ranch Cup

Nov 28

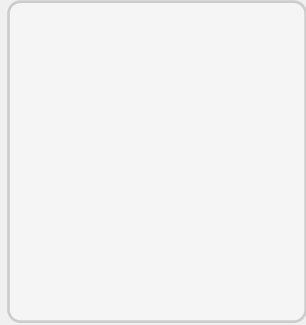
Beef Nachos  
Tostido Chips  
Refried Beans Topped w  
ith Cheese  
Crispy Apple Slices  
Assorted Milk  
Assorted Juice  
Ranch Cup

Nov 29

Pizza Hut Sausage Pizz  
a  
Power Peas  
Wild Blueberries w/whip  
topping  
Assorted Milk  
Assorted Juice  
Ranch Cup

Nov 30

Popcorn Chicken  
Monster Mashed Potato  
es W/Gravy  
Strawberry Cup  
Assorted Milk  
Assorted Juice  
Ketchup  
Ranch Cup



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