

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 Egg Scramble Bacon & Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup	Feb 2 Cereal 1oz w/yogurt Early Risers Stuffed Hashbrown Assorted Can Fruit Assorted Juice Assorted Milk Ketchup
Feb 5 Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk	Feb 6 Cereal 1oz w/yogurt Egg Scramble Bacon & Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup	Feb 7 Cereal 1oz w/yogurt French Toast Sticks Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 8 Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk	Feb 9 Cereal 1oz w/yogurt Pottitz Pancake Bites Assorted Can Fruit Assorted Juice Assorted Milk
Feb 12 Cereal 1oz w/yogurt Breakfast Egg & Cheese Bagel Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup	Feb 13 Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk	Feb 14 Cereal 1oz w/yogurt Confetti Pancake Assorted Can Fruit Assorted Juice Assorted Milk	Feb 15 Cereal 1oz w/yogurt Egg Scramble Bacon & Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup	Feb 16 NO SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">Feb 19</p> <p>Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;">Feb 20</p> <p>Cereal 1oz w/yogurt Egg Scramble Bacon & Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Assorted Milk Jelly Cup</p>	<p style="text-align: right;">Feb 21</p> <p>Cereal 1oz w/yogurt French Toast Sticks Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;">Feb 22</p> <p>Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;">Feb 23</p> <p>Cereal 1oz w/yogurt Pottitz Pancake Bites Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p style="text-align: right;">Feb 26</p> <p>Cereal 1oz w/yogurt Breakfast Egg & Cheese Bagel Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p style="text-align: right;">Feb 27</p> <p>Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;">Feb 28</p> <p>Cereal 1oz w/yogurt Confetti Pancake Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p style="text-align: right;">Feb 29</p> <p>Cereal 1oz w/yogurt Egg Scramble Bacon & Cheese Mini WG Biscuit Assorted Can Fruit Assorted Juice Assorted Milk Jelly Cup</p>	

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

Cedar Falls Community Schools

High School

Monday	Tuesday	Wednesday	Thursday	Friday
			Feb 1 Rotini w/ Beef Sauce Garlic Breadstick Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup	Feb 2 Cheese Stick Dipper French Fries Assorted Can Fruit Assorted Juice Assorted Milk Marinara Sauce Ranch Cup
Feb 5 Chicken Tenders Garlic Breadstick Bandit Baked Beans Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Ranch Cup	Feb 6 Mini Turkey Corn Dogs Steamed Golden Corn Sunshine Peaches Assorted Milk Assorted Juice Marinara Sauce Ranch Cup	Feb 7 Pizza Hut Sausage Pizza Silly Dilly Green Beans Mighty Mandarin Oranges Assorted Milk Assorted Juice Ranch Cup	Feb 8 WG Breaded Chicken Sandwich French Fries Crispy Apple Slices Assorted Milk Ketchup Assorted Juice Mustard Ranch Cup	Feb 9 Pizza Crunchers Malibu Classic Vegetable Assorted Can Fruit Assorted Milk Assorted Juice Ranch Cup Chocolate Chip Cookie
Feb 12 Cheeseburger on a Bun Golden Pirates Steamed Corn Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Mustard Ranch Cup	Feb 13 Walking Tacos (E) Fiesta Beans Strawberry Cup Sour Cream Taco Sauce Packet Assorted Milk Ranch Cup Assorted Juice	Feb 14 Pizza Hut Pepperoni Pizza Silly Dilly Green Beans Wild Blueberries w/whip topping Assorted Milk Assorted Juice Ranch Cup	Feb 15 Tangerine Chicken Fried Rice Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Tartar Sauce Ranch Cup	Feb 16 NO SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">Feb 19</p> <p>Chicken Nuggets Garlic Breadstick Monster Mashed Potatoes W/Gravy Chicken Gravy Action Applesauce Cup Assorted Milk Assorted Juice Ketchup Ranch Cup</p>	<p style="text-align: right;">Feb 20</p> <p>French Toast Sticks Sausage Patty Hashbrown Patty Crispy Apple Slices Assorted Milk Assorted Juice Syrup Cup Ranch Cup</p>	<p style="text-align: right;">Feb 21</p> <p>Pizza Hut Sausage Pizza Silly Dilly Green Beans Pot of Gold Pineapple Assorted Milk Assorted Juice Ranch Cup</p>	<p style="text-align: right;">Feb 22</p> <p>WG Breaded Chicken Sandwich Baby Carrots Wild Blueberries w/whip topping Assorted Milk Assorted Juice Ranch Cup Ketchup</p>	<p style="text-align: right;">Feb 23</p> <p>Macaroni Cheese with Beef Lil' Smokies Chocolate Chip Cookie Bandit Baked Beans Assorted Can Fruit Assorted Milk Ranch Cup</p>
<p style="text-align: right;">Feb 26</p> <p>Egg Scramble Bacon & Cheese BARS, PUMPKIN, CREAM CHEESE FR Veggie Littles Sunshine Peaches Assorted Milk Assorted Juice Ketchup Ranch Cup</p>	<p style="text-align: right;">Feb 27</p> <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>	<p style="text-align: right;">Feb 28</p> <p>Pizza Hut Pepperoni Pizza Cool Cat Cucumbers Action Applesauce Cup Assorted Milk Assorted Juice Ranch Cup</p>	<p style="text-align: right;">Feb 29</p> <p>Rotini w/ Beef Sauce Garlic Breadstick Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup</p>	