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

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 3	Nov 4	Nov 5	Nov 6	Nov 7
Cinnamon Glazed French	Chicken Nuggets	Pizza Hut Cheese Pizza	WG Breaded Chicken Sandwich	Cheese Stick Dipper
Toast Sticks (IW)	Garlic Breadstick	Romaine Lettuce	Baked Beans	Steamed Golden
Sausage Patty	Mashed Potatoes	Pot of Gold Pineapple	Crispy Apple Slices	Corn
Hashbrown Patty	W/Gravy	Assorted Milk	Assorted Milk	Assorted Can Fruit
Razzle Dazzle Berries	Chicken Gravy	Assorted Juice	Assorted Juice	Assorted Juice
Assorted Milk	Applesauce Cup	Ranch Cup	Ranch Cup	Assorted Milk
Assorted Juice	Assorted Milk		Ketchup	Marinara Sauce
Syrup Cup	Assorted Juice			Ranch Cup
	Ketchup			
	Ranch Cup			
Nov 10	Nov 11	Nov 12	Nov 13	Nov 14
Tony's Pepperoni Pizza	Chicken Crispitos w/	Pizza Hut Cheese Pizza	Rotini w/ Beef Sauce	Hot Dog on a Bun
Malibu Classic Vegetable	Quesco Sauce	Sliced Cucumbers	Garlic Breadstick	Rosemary Roasted
Sunshine Peaches	Cheese Sauce	Applesauce Cup	Romaine Lettuce	Potatoes
Assorted Milk	Refried Beans Topped	Assorted Milk	Fruity Slushie	Chocolate Chip
Assorted Juice	with Cheese	Assorted Juice	Assorted Milk	Cookie
Ranch Cup	Mandarin Oranges	Ranch Cup	Assorted Juice	Assorted Can Fruit
	Assorted Milk		Ranch Cup	Assorted Milk
	Assorted Juice			Assorted Juice
	Taco Sauce Packet			Ketchup
	Ranch Cup			Ranch Cup

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 17	Nov 18	Nov 19	Nov 20	Nov 21
Chicken Tenders Garlic Breadstick Baked Beans Applesauce Cup Assorted Milk Assorted Juice	Mini Turkey Corn Dogs Steamed Golden Corn Sunshine Peaches Assorted Milk Assorted Juice Ketchup	Pizza Hut Cheese Pizza Sliced Cucumbers Mandarin Oranges Assorted Milk Assorted Juice Ranch Cup	WG Breaded Chicken Sandwich Steamed Mixed Vegetables Crispy Apple Slices Assorted Milk Assorted Juice Ketchup	Pizza Crunchers Malibu Classic Vegetable Assorted Can Fruit Assorted Milk Assorted Juice
Ketchup Ranch Cup Nov 24	Nov 25	Nov 26	Mustard Nov 27	Nov 28
Creamy Macaroni Cheese Carnival Cookie Steamed Corn Strawberry Cup Assorted Juice Assorted Milk	Tangerine Chicken Fried Rice Imperial Oriental Blend Crispy Apple Slices Assorted Milk Assorted Juice	Thanksgiving Break No School	HAVE A WONDERFUL THANKSGIVING BREAK! "gobble gobble"	NO SCHOOL