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

Jan 5 Jan 6 Jan 7 Jan 8  Tony's Pepperoni Pizza Chicken Crispitos w/ Quesco Malibu Classic Vegetable Sauce Sunshine Peaches Cheese Sauce Applesauce Cup Romaine Lettuce Chocolate Chip Coo	to 12 (ago 11 10)							
Jan 5 Tony's Pepperoni Pizza Malibu Classic Vegetable Sunshine Peaches Assorted Milk Assorted Juice Ranch Cup  Jan 12 Chicken Tenders Garlic Breadstick Ranch Cup  Jan 12 Chicken Tenders Garlic Breadstick Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Mini Turkey Corn Dogs Garlic Breadstick Romaine Lettuce Fruity Slushie Assorted Milk Assorted Milk Assorted Juice Ranch Cup Refried Beans Topped with Cheese Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Can Fru Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Coc Assorted Milk Assorted Milk Assorted Juice Ranch Cup Rosemary Roasted Po Chocolate Chip Rosemary Roasted Po Chocolate Chup Assorted Juice Ranch Cup Saturation Rosemary Roasted Po Choco	Monday	Tuesday	Wednesday	Thursday	Friday			
Tony's Pepperoni Pizza Malibu Classic Vegetable Sunshine Peaches Assorted Milk Assorted Juice Ranch Cup  Jan 12  Chicken Crispitos w/ Quesco Sauce Suce Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Rosemary Roasted Pochocolate Chip Cod Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup Refried Beans Topped with Cheese Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Mini Turkey Corn Dogs Garlic Breadstick Steamed Golden Corn Sunshine Peaches  Mandarin Oranges Mandarin Oranges Malibu Classic Vegetable Sliced Cucumbers Applesauce Cup Assorted Milk Assorted Milk Assorted Juice Ranch Cup  Assorted Milk Assorted Juice Ranch Cup  Assorted Juice Ranch Cup  WG Breaded Chicken Sandwich Steamed Mixed Vegetables				Jan 1	Jan 2			
Malibu Classic Vegetable Sunshine Peaches Sunshine Peaches Assorted Milk Assorted Juice Ranch Cup Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12 Chicken Tenders Garlic Breadstick Cheese Sauce Refried Beans Topped with Cheese Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12 Chicken Tenders Garlic Breadstick Rosemary Roasted Poc Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Refried Beans Topped with Cheese Refried Beans Topped with Cheese Refried Beans Topped with Assorted Milk Assorted Juice Ranch Cup Ranch Cup Ranch Cup Rosemary Roasted Poc Chocolate Chip Coc Assorted Milk Assorted Milk Assorted Juice Ranch Cup Refried Beans Rosemary Roasted Poc Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Refried Beans Rosemary Roasted Poc Chocolate Chip Coc Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Beans Pru Assorted Milk Assorted Juice Ranch Cup Refried Milk Assorted Juice Ranch Cup Refried Milk Assorted Milk Assorted Juice Ranch Cup Refried Milk Assorted Milk Assorted Juice Ranch Cup Refried Milk Assorted Milk Assorted Milk Assorted Milk Assorted Juice Ranch Cup Refried Milk Assorted Juice Ranch Cup  We Breaded Chicken Sandwich Steamed Milk Assorted Milk	Jan 5	Jan 6	Jan 7	Jan 8	Jan 9			
Sunshine Peaches Assorted Milk Assorted Juice Ranch Cup  Mandarin Oranges Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Sunshine Peaches  Cheese Sauce Refried Beans Topped with Cheese Refried Beans Topped with Cheese Refried Beans Topped with Cheese Refried Beans Topped with Assorted Milk Assorted Juice Ranch Cup  Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Ranch Cup  Sunshine Peaches  Applesauce Cup Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorted Juice Ranch Cup  Romaine Lettuce Fruity Slushie Assorted Milk Assorte	Tony's Pepperoni Pizza	Chicken Crispitos w/ Quesco	Pizza Hut Cheese Pizza	Rotini w/ Beef Sauce	Beef Hot Dog on a Bun			
Assorted Milk Assorted Juice Ranch Cup  Mandarin Oranges Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Refried Beans Topped with Cheese Assorted Milk Assorted Juice Ranch Cup  Ranch Cup  Assorted Milk Assorted Juice Ranch Cup  Ranch Cup  We Breaded Chicken Sandwich Steamed Mixed Vegetables  Steamed Mixed Vegetables	Malibu Classic Vegetable	Sauce	Sliced Cucumbers	Garlic Breadstick	Rosemary Roasted Potatoes			
Assorted Juice Ranch Cup  Mandarin Oranges Assorted Milk Assorted Juice Ranch Cup Assorted Juice Ranch Cup Assorted Juice Ranch Cup Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Cheese  Mandarin Oranges Assorted Juice Ranch Cup Assorted Juice Ranch Cup  Assorted Milk Assorted Juice Ranch Cup  Steamed Golden Corn Surpshine Peaches  Assorted Milk	Sunshine Peaches	Cheese Sauce	Applesauce Cup	Romaine Lettuce	Chocolate Chip Cookie			
Ranch Cup  Mandarin Oranges Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Mandarin Oranges Assorted Juice Ranch Cup  Assorted Juice Ketchup Ranch Cup  Assorted Juice Ketchup Ranch Cup  Note that the second of the second oranges Ranch Cup  Assorted Juice Ketchup Ranch Cup  Note that the second orange orang	Assorted Milk	Refried Beans Topped with	Assorted Milk	Fruity Slushie	Assorted Can Fruit			
Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Assorted Milk Assorted Juice Taco Sauce Packet Ranch Cup  Sanch Cup  Ketchup Ranch Cup  Sanch Cup  Ketchup Ranch Cup  Ketchup Ranch Cup  Ketchup Ranch Cup  Ketchup Ranch Cup  Sand Sand Sand Sand Sand Sand Sand Sand	Assorted Juice	Cheese	Assorted Juice	Assorted Milk	Assorted Milk			
Assorted Juice Taco Sauce Packet Ranch Cup  Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Assorted Juice Taco Sauce Packet Ranch Cup  Jan 13  Jan 14  Pizza Hut Cheese Pizza Sliced Cucumbers Sandwich Steamed Golden Corn Mandarin Oranges  Steamed Mixed Vegetables	Ranch Cup	Mandarin Oranges	Ranch Cup	Assorted Juice	Assorted Juice			
Taco Sauce Packet Ranch Cup  Jan 12  Jan 13  Chicken Tenders Garlic Breadstick Baked Beans  Mini Turkey Corn Dogs Steamed Golden Corn Baked Beans  Sunshine Peaches  Mandarin Oranges  Taco Sauce Packet Ranch Cup  Jan 13  Jan 14  WG Breaded Chicken Sandwich Steamed Mixed Vegetables		Assorted Milk		Ranch Cup	Ketchup			
Tan 12 Jan 13 Jan 14 Jan 15  Chicken Tenders Garlic Breadstick Baked Beans  Chicken Tenders  Mini Turkey Corn Dogs Steamed Golden Corn Baked Beans  Sunshine Peaches  Mandarin Oranges  Steamed Mixed Vegetables		Assorted Juice			Ranch Cup			
Jan 12  Chicken Tenders Garlic Breadstick Baked Beans  Mini Turkey Corn Dogs Steamed Golden Corn Mini Turkey Corn Dogs Steamed Golden Corn Sliced Cucumbers Mandarin Oranges  Steamed Mixed Vegetables		Taco Sauce Packet						
Chicken Tenders Garlic Breadstick Baked Beans  Mini Turkey Corn Dogs Steamed Golden Corn Sunshine Peaches  Pizza Hut Cheese Pizza Sliced Cucumbers Mandarin Oranges  Steamed Mixed Vegetables		Ranch Cup						
Garlic Breadstick Steamed Golden Corn Sliced Cucumbers Sandwich  Baked Beans Sunshine Peaches Mandarin Oranges Steamed Mixed Vegetables	Jan 12	Jan 13	Jan 14	Jan 15	Jan 16			
Baked Beans Sunshine Peaches Mandarin Oranges Steamed Mixed Vegetables	Chicken Tenders	Mini Turkey Corn Dogs	Pizza Hut Cheese Pizza	WG Breaded Chicken	Nim.			
	Garlic Breadstick	Steamed Golden Corn	Sliced Cucumbers	Sandwich	Some			
Applesauce Cup Assorted Milk Assorted Milk Crispy Apple Slices	Baked Beans	Sunshine Peaches	Mandarin Oranges	Steamed Mixed Vegetables	P: OCK			
	Applesauce Cup	Assorted Milk	Assorted Milk	Crispy Apple Slices				
Assorted Milk Assorted Juice Assorted Milk	Assorted Milk	Assorted Juice	Assorted Juice	Assorted Milk				
Assorted Juice Ketchup Ranch Cup Assorted Juice	Assorted Juice	Ketchup	Ranch Cup	Assorted Juice				
Ketchup WG Rice Krispies Bar Ketchup	Ketchup	WG Rice Krispies Bar		Ketchup				
Ranch Cup Mustard	Ranch Cup			Mustard				

Monday	Tuesday	Wednesday	Thursday	Friday
. : : .	Jan 20	Jan 21	Jan 22	Jan 23
	Tangerine Chicken	Pizza Hut Cheese Pizza	Walking Tacos (E)	Cheeseburger on a Bun
MLK DAY	Fried Rice	Roasted Butternut Squash	Lettuce Taco Cup	Baked Beans
	Imperial Oriental Blend	Wild Blueberries w/whip	Mandarin Oranges	Assorted Can Fruit
Martin Luther King Jr. Day	Crispy Apple Slices	topping	Assorted Milk	Assorted Milk
No School Jan 19	Assorted Milk	Assorted Milk	Assorted Juice	Assorted Juice
	Assorted Juice	Assorted Juice	Taco Sauce Packet	Ketchup
		Ranch Cup	Sour Cream	Mustard
		Fruity Slushie	Ranch Cup	
Jan 26	Jan 27	Jan 28	Jan 29	Jan 30
Cinnamon Glazed French Toast Sticks	Chicken Nuggets	Pizza Hut Cheese Pizza	WG Breaded Chicken	Cheese Stick Dipper
(IVV)	Teddy Grahams	Romaine Lettuce	Sandwich	Steamed Golden Corn
Sausage Patty	Mashed Potatoes W/Gravy	Pot of Gold Pineapple	Baked Beans	Assorted Can Fruit
Hashbrown Patty	Chicken Gravy	Assorted Milk	Crispy Apple Slices	Assorted Juice
Razzle Dazzle Berries	Applesauce Cup	Assorted Juice	Assorted Milk	Assorted Milk
Assorted Milk	Assorted Milk	Ranch Cup	Assorted Juice	Marinara Sauce
Assorted Juice	Assorted Juice		Ranch Cup	Ranch Cup
Syrup Cup	Ketchup		Ketchup	
	Ranch Cup			