

CEDAR FALLS SCHOOLS
River Breakfast
HHFKA 9-12 (age 14-18)

Cedar Falls Community Schools

High School

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="right">May 1</p> <p>Cereal 1oz w/yogurt Super Donut Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 2</p> <p>Cereal 1oz w/yogurt Mini Blueberry Bash Waf fles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup Mini French Toast</p>	<p align="right">May 3</p> <p>Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p align="right">May 4</p> <p>Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 5</p> <p>Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p align="right">May 8</p> <p>Cereal 1oz w/yogurt Strawberry Pancake Bo wl Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p align="right">May 9</p> <p>Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 10</p> <p>Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 11</p> <p>Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p align="right">May 12</p> <p>Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p align="right">May 15</p> <p>Cereal 1oz w/yogurt Super Donut Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 16</p> <p>Cereal 1oz w/yogurt Mini Blueberry Bash Waf fles Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup Mini French Toast</p>	<p align="right">May 17</p> <p>Cereal 1oz w/yogurt Mini French Toast Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p align="right">May 18</p> <p>Cereal 1oz w/yogurt Cinnamon Roll -WG Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 19</p> <p>Cereal 1oz w/yogurt Cowboy Bread Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p align="right">May 22</p> <p>Cereal 1oz w/yogurt Strawberry Pancake Bo wl Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p align="right">May 23</p> <p>Cereal 1oz w/yogurt Mini Cinn/sugar Donuts Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 24</p> <p>Cereal 1oz w/yogurt Cherry Muffin Assorted Can Fruit Assorted Juice Assorted Milk</p>	<p align="right">May 25</p> <p>Cereal 1oz w/yogurt Eggoji Waffle WG Assorted Can Fruit Assorted Juice Assorted Milk Syrup Cup</p>	<p align="right">May 26</p> <p>Cereal 1oz w/yogurt Blueberry Muffin Top Assorted Can Fruit Assorted Juice Assorted Milk</p>
<p align="right">May 29</p> <p>NO SCHOOL TODAY</p>	<p align="right">May 30</p> <p>MANAGER'S CHOICE</p>	<p align="right">May 31</p> <p>MANAGER'S CHOICE</p>	<p align="right">Jun 1</p> <p>MANAGER'S CHOICE</p>	

Apr 28, 2023

CEDAR FALLS SCHOOLS

Cedar Falls Community Schools

Riverhills Lunch

High School

HHFKA 9-12 (age 14-18)

Monday

May 1
 Mini Corn Dogs
 Country Mix Veggies
 Action Applesauce Cup
 Assorted Milk
 Assorted Juice
 Ketchup
 Mustard
 Ranch Cup

May 8
 Chicken Nuggets
 Garlic Breadstick
 Monster Mashed Potatoes W/Gravy
 Chicken Gravy
 Razzle Dazzle Berries
 Assorted Milk
 Assorted Juice
 Ketchup
 Ranch Cup

May 15
 Chicken Noodle
 Goldfish Crackers
 Silly Dilly Green Beans
 Sunshine Peaches
 Assorted Milk
 Assorted Juice
 Ketchup
 Ranch Cup

May 22
 Rotini w/ Beef Sauce
 Garlic Breadstick
 Action Applesauce Cup
 Assorted Milk
 Assorted Juice
 Ranch Cup

Tuesday

May 2
 Walking Tacos
 Refried Beans Topped with Cheese
 Strawberry Cup
 Sour Cream
 Taco Sauce Packet
 Assorted Milk
 Ranch Cup
 Assorted Juice

May 9
 French Toast Sticks
 Sausage Patty
 Hashbrown Patty
 Crispy Apple Slices
 Assorted Milk
 Assorted Juice
 Syrup Cup
 Ranch Cup

May 16
 Nacho Bites
 Refried Beans Topped with Cheese
 Lettuce Taco Cup
 Mighty Mandarin Oranges
 Assorted Milk
 Assorted Juice
 Taco Sauce Packet
 Sour Cream
 Ranch Cup

May 23
 Beef Nachos
 Tostido Chips
 Refried Beans Topped with Cheese
 Crispy Apple Slices
 Assorted Milk
 Assorted Juice
 Ranch Cup

Wednesday

May 3
 Pizza Hut Pepperoni Pizza
 Pizza Hut Cheese Pizza
 Silly Dilly Green Beans
 Wild Blueberries w/whip topping
 Assorted Milk
 Assorted Juice
 Ranch Cup

May 10
 Pizza Hut Sausage Pizza
 Silly Dilly Green Beans
 Pot of Gold Pineapple
 Assorted Milk
 Assorted Juice
 Ranch Cup

May 17
 Pizza Hut Pepperoni Pizza
 Glazed Carrots
 Action Applesauce Cup
 Assorted Milk
 Assorted Juice
 Ranch Cup

May 24
 Pizza Hut Sausage Pizza
 Pizza Hut Cheese Pizza
 Power Peas
 Strawberry Cup
 Assorted Milk
 Assorted Juice
 Ranch Cup

Thursday

May 4
 Fiestada Pizza
 Steamed Golden Corn
 Mighty Mandarin Oranges
 Assorted Milk
 Assorted Juice
 Tartar Sauce
 Ranch Cup

May 11
 Popcorn Chicken
 Brown Rice
 Mighty Mandarin Oranges
 Assorted Milk
 Assorted Juice
 Ranch Cup
 Ketchup

May 18
 WG Breaded Chicken Sandwich
 Golden Pirates Steamed Corn
 Wild Blueberries w/whip topping
 Taco Sauce Packet
 Assorted Milk
 Assorted Juice
 Ketchup
 Mustard
 Ranch Cup

May 25
 Hot Dog on a Bun
 Steamed Golden Corn
 Sunshine Peaches
 Assorted Milk
 Assorted Juice
 Ketchup
 Mustard
 Ranch Cup

Friday

May 5
 Mini Blueberry Bash Waffles
 Sausage Patty
 Glazed Carrots
 Assorted Can Fruit
 Assorted Milk
 Assorted Juice
 Syrup Cup
 Ranch Cup

May 12
 Creamy Macaroni Cheese
 Chocolate Chip Cookie
 Bandit Baked Beans
 Assorted Can Fruit
 Assorted Milk
 Ranch Cup

May 19
 Cheese Stick Dipper
 French Fries
 Assorted Can Fruit
 Assorted Juice
 Assorted Milk
 Marinara Sauce
 Ranch Cup

May 26
 French Toast Sticks
 Sausage Patty
 Hashbrown Patty
 Assorted Can Fruit
 Assorted Milk
 Assorted Juice
 Syrup Cup
 Ranch Cup

May 29

NO SCHOOL TODAY

May 30

Bosco Stick with Yogurt
Steamed Golden Corn
Sunshine Peaches
Assorted Milk
Assorted Juice
Marinara Sauce
Ranch Cup

May 31

Pizza Hut Sausage Pizz
a
Silly Dilly Green Beans
Mighty Mandarin Orange
s
Assorted Milk
Assorted Juice
Ranch Cup

Jun 1

Have A Great Summer -
Sack Lunch

Apr 28, 2023