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

Monday	Tuesday	Wednesday	Thursday	Friday			
	Oct 1	Oct 2	Oct 3	Oct 4			
0.00	Walking Tacos (E)	Pizza Hut Pepperoni Pizza	Tangerine Chicken	Popcorn Chicken			
	Fiesta Beans	Green Beans	Fried Rice	Parmesan Peas			
	Mandarin Oranges	Wild Blueberries w/whip	Baby Carrots	Assorted Can Fruit			
	Sour Cream	topping	Strawberry Cup	Assorted Milk			
	Taco Sauce Packet	Assorted Milk	Assorted Milk	Assorted Juice			
	Assorted Milk	Assorted Juice	Assorted Juice	Syrup Cup			
	Ranch Cup	Ranch Cup	Tartar Sauce	Ranch Cup			
	Assorted Juice		Ranch Cup				
Oct 7	Oct 8	Oct 9	Oct 10	Oct 11			
Chicken Nuggets	French Toast Sticks	Pizza Hut Sausage Pizza	WG Breaded Chicken				
Garlic Breadstick	Sausage Patty	Green Beans	Sandwich				
Monster Mashed Potatoes W/Gravy	Hash brown Patty	Pot of Gold Pineapple	Baked Beans	NO SCHOOL			
Chicken Gravy	Crispy Apple Slices	Assorted Milk	Wild Blueberries w/whip	TODAY			
Action Applesauce Cup	Assorted Milk	Assorted Juice	topping	TODAT			
Assorted Milk	Assorted Juice	Ranch Cup	Assorted Milk				
Assorted Juice	Syrup Cup		Assorted Juice				
Ketchup	Ranch Cup		Ranch Cup				
Ranch Cup			Ketchup				
			Ranch Cup				

Monday		Tuesday	Wednesday	Thursday	Friday
	Oct 14	Oct 15	Oct 16	Oct 17	Oct 18
Mac and Cheese Bites		Chicken Crispitos w/ cheese	Pizza Hut Pepperoni Pizza	Rotini w/ Beef Sauce	Hot Dog on a Bun
WG Banana Muffin		sauce	Pizza Hut Cheese Pizza	Garlic Breadstick	Baked Beans
Malibu Veggies		Cheese Sauce	Romaine Lettuce	Romaine Lettuce	Chocolate Chip Cookie
Sunshine Peaches		Refried Beans Topped with	Action Applesauce Cup	Fruity Slushie	Assorted Fresh Veggies
Assorted Milk		Cheese	Assorted Milk	Assorted Milk	Assorted Can Fruit
Ketchup		Crispy Apple Slices	Ranch Cup	Ranch Cup	Assorted Fresh Fruit
Ranch Cup		Assorted Milk			Assorted Milk
		Taco Sauce Packet			Ranch Cup
		Sour Cream			
		Ranch Cup			
	Oct 21	Oct 22	Oct 23	Oct 24	Oct 25
Chicken Tenders		Mini Turkey Corn Dogs	Pizza Hut Sausage Pizza	WG Breaded Chicken	Pizza Cruncher
Garlic Breadstick		Steamed Golden Corn	Green Beans	Sandwich	Malibu Classic Vegetable
Baked Beans		Sunshine Peaches	Mandarin Oranges	Steamed Mixed Vegetables	Assorted Can Fruit
Action Applesauce Cup		Assorted Milk	Assorted Milk	Crispy Apple Slices	Assorted Milk
Assorted Milk		Assorted Juice	Assorted Juice	Assorted Milk	Assorted Juice
Assorted Juice		Marinara Sauce	Ranch Cup	Ketchup	Ranch Cup
Ketchup		Ranch Cup		Assorted Juice	
Ranch Cup				Mustard	
				Ranch Cup	
	Oct 28	Oct 29	Oct 30	Oct 31	
Cheeseburger on a Bun		Walking Tacos (E)	Pizza Hut Pepperoni Pizza	Tangerine Chicken	
Steamed Corn		Fiesta Beans	Green Beans	Fried Rice	
Action Applesauce Cup		Mandarin Oranges	Wild Blueberries w/whip	Baby Carrots	
Assorted Milk		Sour Cream	topping	Strawberry Cup	((5))
Assorted Juice		Taco Sauce Packet	Assorted Milk	Assorted Milk	
Ketchup		Assorted Milk	Assorted Juice	Assorted Juice	HAPPY HALLOWEEN
Mustard		Ranch Cup	Ranch Cup	Tartar Sauce	1000