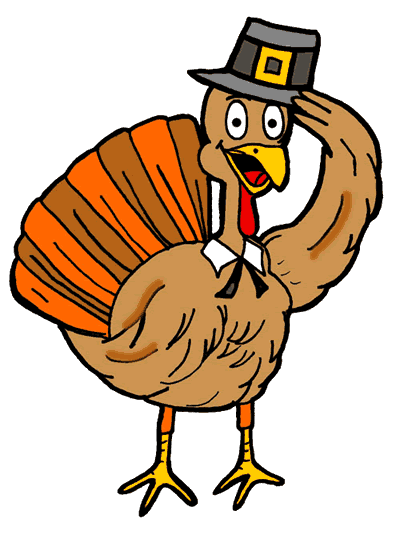
LUNCH Cedar Hills

November 2018

**Reduced Price .40 (Child)**  **Full Price $2.92 (Child)**  **Adult Price $2.92**

|  |  |  |  |
| --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **NSLP REQUIRMENTS:**  **Fruit: ½ cup daily**  **Veggie: ¾ cup daily. Meat/Alt: 1.75/2 oz. daily**  **W/Grain: 1.75/2 oz. daily**  **Milk: 1 cup daily** | **WEEKLY AVERAGE:**  **Calories: 600-650**  **Sodium: <935**  **Sat Fat: <10**  **Trans Fat: 0g. /Serving** |  | **Please Advise Mr. Steve 24 hrs. In advance if you would like to have breakfast or lunch with your child/ grandchild so we may plan accordingly.** |
|  |  |  | **1**  **W/G Sausage or Pepperoni Pizza w/ Cheese**  **Fresh Garden Salad**  **Fresh Mixed Berries**  **Milk Variety** |
| **5**  **Grilled Turkey Sandwich on**  **W/G Bread**  **Steamed Cauliflower**  **Diced Pears**  **Milk Variety** | **6**  **Teriyaki Chicken**  **W/G Brown Rice**  **Pinto Beans**  **Fresh Apples**  **Milk Variety** | **7**  **Fish Sticks**  **W/G Chips**  **Corn**  **Fresh Carrots**  **Milk Variety** | **8**  **Sloppy Joes on W/G Bun**  **Peas**  **Diced Peaches**  **Milk Variety** |
| **12**  **Veterans Day Holiday**  **No School** | **13**  **Ham & Cheese Sandwich on W/G Bread**  **Veggie Beans**  **Fruit Cocktail**  **Milk Variety**  **School Board Meeting** | **14**  **Baked BBQ Chicken**  **Mashed Potatoes**  **Fresh Steamed Cauliflower**  **Applesauce Cups**  **Milk Variety** | **15**  **Turkey**  **Mashed Potatoes w/ Gravy**  **Stuffing**  **W/G Roll**  **Corn**  **Pumpkin Pie w/ Cool Whip**  **Milk Variety**  **THANSKGIVING LUNCHEON** |
| **19**  **Thanksgiving Break**  **No School** | **20**  **Thanksgiving Break**  **No School** | **21**  **Thanksgiving Break**  **No School** | **22 Thanksgiving Break**  **No School**  **C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F9YW9WBI\mf_happy_thanksgiving[1].png** |
| **26**  **Hot Dog on W/G Bun**  **Veggie Beans**  **Diced Pears**  **Milk Variety** | **27**  **Taco Tuesday**  **Meat Taco on W/G Tortilla Shell**  **Spanish Rice**  **Fresh Mellon**  **Milk Variety** | **28**  **Chicken Strips**  **Baked French Fries**  **Fresh Broccoli**  **Diced Peaches**  **Milk Variety** | **29**  **Beef and Noodles**  **W/G Roll**  **Green Beans**  **Applesauce Cups**  **Milk Variety** |

**This institution is an aqual opportunity provider.**

**Menu is subject to change without notice.**

**Milk Variety: Low Fat 1%, White or Non Fat Chocolate or Non Fat Strawberry**

BREAKFAST Cedar Hills

November 2018

**Breakfast in Classroom** **Adult Price $2.92**

|  |  |  |  |
| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| **NSLP REQUIREMENTS:**  **Fruit/ Veggie 1 cup daily**  **Grain: 1.75/2 oz. daily**  **Milk: 1 cup daily**  **Meat/Alt. Optional** | **WEEKLY AVERAGE:**  **Calories: 400-500**  **Sodium: <540**  **Sat. Fat: <10**  **Trans Fat: 0g. /Serving** |  | **Please advise Mr. Steve 24 hrs. In advance if you would like to have breakfast or lunch with your child/grandchild so we may plan accordingly.** |
|  |  |  | **1**  **W/G Pancakes**  **Yogurt**  **Mixed Fruit**  **1% White Milk** |
| 5  **W/G Cereal**  **Sausage Patty**  **Fresh Cantaloupe**  **1% White Milk** | **6**  **Nutri Grain Bar**  **String Cheese**  **Diced Pears**  **1% White Milk** | **7**  **Cheesy Scrambled Eggs**  **W/G Toast w/ Jelly**  **Fresh Apple**  **1% White Milk** | **8**  **W/G Blueberry Muffin**  **Sausage Patty**  **Diced Pears**  **1% White Milk** |
| **12**  **Veterans Day Holiday**  **No School** | **13**  **W/G French Toast**  **Sausage Link**  **Diced Peaches**  **1% White Milk**  **School Board Meeting** | **14**  **Oatmeal**  **W/G English Muffin**  **w/ Peanut Butter**  **Fresh Blueberries**  **1% White Milk** | **15**  **W/G Biscuits w/**  **Jelly or Butter**  **String Cheese**  **Mixed Fruit**  **1% White Milk** |
| **19**  **Thanksgiving Break**  **No School** | **20**  **Thanksgiving Break**  **No School** | **21**  **Thanksgiving Break**  **No School** | **22**  **Thanksgiving Break**  **No School**  **C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F9YW9WBI\mf_happy_thanksgiving[1].png** |
| **26**  **W/G Toasted Bagel**  **w/ Jelly or Butter**  **Sausage Link**  **Diced Pears**  **1% White Milk** | **27**  **Blueberry Fruit Smoothie**  **W/G Toast w/ Peanut Butter**  **1% White Milk** | **28**  **Egg, Cheese, Sausage and Hash brown Bake**  **Fresh Pineapple**  **1% White Milk** | 29  **W/G Raisin Bread**  **Yogurt**  **Peaches**  **1% White Milk** |

**This institution is an equal opportunity provider.**

**Menu is subject to change without notice.**

**Milk: Low Fat 1% White**