**LUNCH Cedar Hills **

**March 2018**

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

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| **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.** |
| **4**  **Spaghetti w/ meat sauce**  **W/G Noodles**  **Garlic Toast**  **Fresh Baked Asparagus**  **Applesauce Cups**  **MILK VARIETY** | **5**  **Grilled Turkey and Cheese Sandwich on W/G Bread**  **Veggie Beans**  **Diced Pears**  **Milk Variety** | **6**  **Sloppy Joes**  **W/G Hamburger Bun**  **Green Beans**  **Fresh Red Grapes**  **Milk Variety** | **7**  **Cooked Ham**  **Diced Red Roasted Potatoes’**  **W/ Fixings**  **Pinto Beans**  **Mixed Fruit**  **Milk Variety** |
| **11**  **Spring Break**  **No School** | **12**  **Spring Break**  **No School**  **School Board Meeting** | **13**  **Spring Break**  **No School** | **14**  **Spring Break**  **No School** |
| **18**  **Beef & W/G Noodles**  **Fresh Garden Salad with Cucumbers**  **Diced Peaches**  **Milk Variety** | **19**  **Chicken Strips**  **Tater Tots**  **Corn**  **Diced Pears**  **Milk Variety** | **20**  **W/G Sausage or Pepperoni Pizza**  **Green Beans**  **Fresh Apples**  **Milk Variety** | **21**  **Fajitas**  **W/G Tostada Shell**  **Lettuce, Tomato, Cheese**  **Corn**  **Diced Peaches**  **Milk Variety** |
| **25**  **Baked Chicken**  **Baked Potato w/ Fixings**  **Fresh Steamed Cabbage**  **Diced Pears**  **Milk Variety** | **26**  **Taco Tuesday**  **Meat Taco w/ Lettuce, Tomato, Cheese**  **Spanish Rice**  **Fruit Cocktail**  **Milk Variety** | **27**  **Red Beans on**  **W/G Rice**  **Garlic Toast**  **Fresh Berries**  **Milk Variety** | **28**  **Refried Bean & Cheese**  **Burrito w/ Lettuce & Tomato**  **W/G Tortilla**  **Spanish Rice**  **Diced Peaches**  **Milk Variety** |
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**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 **

**March 2018**

**Breakfast in Classroom Adult Price $2.92**

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| --- | --- | --- | --- |
| 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.** |
| **4**  **W/G French Toast**  **Sausage Patty**  **Fresh Oranges**  **1% White Milk** | **5**  **W/G Biscuits w/ White Gravy**  **Sausage Links**  **Fruit Cocktail**  **1% White Milk** | **6**  **Granola Bar**  **Cheese Stick**  **Fresh Banana**  **1% White Milk** | **7**  **Cheese Breakfast Pizza on W/G Crust**  **Diced Peaches**  **1% White Milk** |
| **11**  **Spring Break**  **No School** | **12**  **Spring Break**  **No School**  **School Board Meeting** | **13**  **Spring Break**  **No School** | **14**  **Spring Break**  **No School** |
| **18**  **Nutri Grain Bar**  **String Cheese**  **Fresh Red Grapes**  **1% White Milk** | **19**  **W/G Apple Muffins**  **Diced Pears**  **1% White Milk** | **20**  **Scrambled Eggs & Ham w/ Cheese**  **Fresh Peaches**  **1% White Milk** | **21**  **W/G Pancakes**  **Yogurt**  **Fruit Cocktail**  **1% White Milk** |
| **25**  **Oatmeal**  **W/G Bagel**  **Fresh Blueberries**  **1% White Milk** | **26**  **Scrambled Eggs**  **Sausage Patty**  **Diced Pears**  **1% White Milk** | **27**  **W/G Honey Nut Cheerios Cereal**  **Fresh Cantaloupe**  **1% White Milk** | **28**  **W/G Raisin Bread**  **Hard Boiled Egg**  **Fruit Cocktail**  **1% White Milk** |
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**This institution is an equal opportunity provider.**

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

**Milk: Low Fat 1% White**