**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**