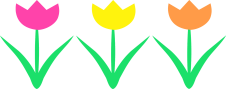
**LUNCH**  **Cedar Hills**

**April 2019**

**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/ 2oz daily**  **Grains 1.75/ 2 oz. daily**  **Milk 1 cup daily** | **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**  **Grilled Turkey Sandwich on**  **W/G Bread**  **Fresh Steamed Green Beans**  **Diced Pears**  **Milk Variety** | **2**  **Teriyaki Chicken**  **W/G Brown Rice**  **Pinto Beans**  **Mixed Fruit**  **Milk Variety** | **3**  **Fish Sticks**  **W/G Chips**  **Corn**  **Fresh Green Grapes**  **Milk Variety** | **4**  **Sloppy Joes on W/G Bun**  **Peas**  **Diced Peaches**  **Milk Variety** |
| **8**  **Hot Dog on W/G Bun**  **Veggie Beans**  **Fresh Broccoli**  **Milk Variety** | **9**  **Refried Bean and Cheese Burrito on W/G Tortilla**  **W/G Rice**  **Mixed Fruit**  **Milk Variety**  **School Board Meeting** | **10**  **Chicken Strips**  **Baked French Fries**  **Corn**  **Fresh Mellon**  **Milk Variety** | **11**  **Salisbury Steak**  **w/ Brown Gravy**  **W/G Roll**  **Fruit Cocktail**  **Milk Variety** |
| **15**  **Baked BBQ Chicken**  **Mashed Potatoes**  **Fresh Steamed Cauliflower**  **Applesauce Cups**  **Milk Variety** | **16**  **Taco Tuesday**  **Meat Taco on W/G Tortilla Shell**  **Spanish Rice**  **Diced Pears**  **Milk Variety** | **17**  **Turkey & Cheese Sandwich on W/G Bread**  **Veggie Beans**  **Fresh Red Grapes**  **Milk Variety** | **18**  **Cooked Ham**  **Mashed Potatoes’**  **Pinto Beans**  **Mixed Fruit**  **Milk Variety** |
| **22**  **Spring Holiday**  **No School** | **23**  **Spring Holiday**  **No School** | **24**  **Red Beans on**  **W/G Rice**  **Garlic Toast**  **Fresh Steamed Broccoli**  **Mixed Fruit**  **Milk Variety** | **25**  **Refried Bean and Cheese Burrito on W/G Tortilla**  **W/G Rice**  **Mixed Fruit**  **Milk Variety** |
| **29**  **Cheeseburger**  **W/G Hamburger Bun**  **Lettuce & Tomato**  **Pork & Beans**  **Fresh Pineapple**  **Milk Variety** | **30**  **Beef and Cheese Nacho’s on W/G Tortilla Chips**  **Corn**  **Peaches**  **Milk Variety** |  |  |

**This institution is an equal 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**

**April 2019**

**Breakfast in Classroom Adult Price $2.85**

|  |  |  |  |
| --- | --- | --- | --- |
| **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**  **Granola Bar**  **Cheese Stick**  **Fresh Banana**  **1% White Milk** | **2**  **Cheese Breakfast Pizza on W/G Crust**  **Diced Peaches**  **1% White Milk** | **3**  **W/G French Toast**  **Sausage Patty**  **Fresh Oranges**  **1% White Milk** | **4**  **W/G Biscuits w/ White Gravy**  **Sausage Links**  **Fruit Cocktail**  **1% White Milk** |
| **8**  **Scrambled Eggs & Ham w/ Cheese**  **Fresh Peaches**  **1% White Milk** | **9**  **W/G Apple Muffins**  **Diced Pears**  **1% White Milk**  **School Board Meeting** | **10**  **Nutri Grain Bar**  **String Cheese**  **Fresh Red Grapes**  **1% White Milk** | **11**  **W/G Pancakes**  **Yogurt**  **Fruit Cocktail**  **1% White Milk** |
| **15**  **W/G Honey Nut Cheerios Cereal**  **Fresh Cantaloupe**  **1% White Milk** | **16**  **W/G Biscuits w/ White Gravy**  **Sausage Links**  **Fruit Cocktail**  **1% White Milk** | **17**  **Oatmeal**  **W/G Bagel**  **Fresh Blueberries**  **1% White Milk** | **18**  **Scrambled Eggs**  **Sausage Patty**  **Diced Pears**  **1% White Milk** |
| **22**  **Spring Holiday**  **No School** | **23**  **Spring Holiday**  **No School** | **24**  **W/G French Toast**  **Fresh Banana**  **1% White Milk** | **25**  **W/G Raisin Bread**  **Hard Boiled Egg**  **Fruit Cocktail**  **1% White Milk** |
| **29**  **Oatmeal**  **W/G Bagel**  **Fresh Peaches**  **1% White Milk** | **30**  **W/G Pancakes**  **Yogurt**  **Fruit Cocktail**  **1% White Milk** |  |  |

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

**Milk: Low Fat 1% White Milk**