LUNCH Cedar Hills

 January 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: 1.75/2 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 Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your student so we may plan accordingly.** |
|  | **1** **Winter Break****No School** | **2****Winter Break****No School** | **3****Winter Break****No School** |
| **7** **Spaghetti****Garlic Toast****Corn on the cob****Peaches****Milk Variety** | **8** **Breakfast For Lunch****French Toast** **Turkey Sausage Links****Fruit Cocktail****Milk Variety** | **9** **Grilled Turkey & Cheese Sandwich** **Chips****Fresh Green Apple****Milk Variety** | **10** **Chicken and White Sauce W/ Noodles****Peas****Diced Pears****Milk Variety** |
| **14** **BBQ Pulled Pork****W/G Bun****Steamed Cauliflower** **Diced Pears****Milk Variety** | **15****W/G Tortilla Pockets w/****Taco Meat****Cheese****Mixed Vegetable** **Peaches****Milk Variety****School Board Meeting** | **16** **Oven Baked BBQ Chicken****W/G Rice****Steamed Broccoli** **Fresh Fruit****Milk Variety** | **17** **Meatball Sandwiches** **Mac & Cheese****Corn****Mixed Fruit****Milk Variety** |
| **21** **Chili Dogs w/ Shredded Cheese****Green Beans****Mixed Fruit** **Milk Variety** | **22****Chicken Noodle Soup****W/G Crackers****Corn****Applesauce****Milk Variety** | **23** **Salisbury Steak w/ Brown Gravy****W/G Rice****Steamed Broccoli** **Fresh Berries****Milk Variety** | **24** **Pork w/ Beans****French Fried Potatoes** **Carrots****Diced Peaches****Milk Variety** |
| **28** **Tomato Soup** **Grilled Cheese Sandwich****Corn****Diced Peaches****Milk Variety** | **29** **Refried Bean and Cheese Burrito on W/G Tortilla****Steamed Cauliflower** **Diced Pears****Milk Variety** | **30** **W/G Sausage or Pepperoni Pizza****Garden salad****Fruit Cocktail****Milk Variety** | **31** **BBQ Chicken****W/G Rice****Green Beans****Mixed Fruit****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**

BREAKFAST Cedar Hills

 January 2019

**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 Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your student so we may plan accordingly.** |
|  |  **1****Winter Break****No School** | **2****Winter Break****No School** | **3****Winter Break****No School** |
| **7** **Scrambled Eggs W/ Cheese** **Sliced Ham** **Orange Juice****1% White Milk** | **8** **W/G Waffles****Yogurt****Mandarin Oranges** **1% White Milk****School Board Meeting** | **9** **Nutri Grain Bar****String Cheese****Pineapple****1% White Milk** | **10** **W/G Cranberry Muffin****Sausage Patty****Diced Peaches****1% White Milk** |
| **14** **W/G Cereal****String Cheese****Fruit Cocktail****1% White Milk** | **15** **W/G Raisin Bread****Hard Boiled Egg****Fresh Oranges****1% White Milk** | **16** **Scrambled Eggs W/ Cheese****W/G Bagel****Diced Peaches****1% White Milk** | **17****Oatmeal****W/G Toast****Turkey Sausage Links****Diced Pears****1% White Milk** |
| **21** **Scrambled Eggs****Sausage Patty****Mixed Fruit****1% White Milk** | **22****W/G English Muffin****w/ Peanut Butter****Pineapple****1% White Milk** | **23** **W/G French Toast****String Cheese****Fresh Green Grapes****1% White Milk** | **24****Sliced Ham****Potatoes****Raisins****1% White Milk** |
| **28****Oatmeal****W/G Toast w/ Jelly****Diced Peaches****Low Fat 1% Milk** | **29** **W/G Biscuits W/ Gravy****Turkey Sausage Links****Peach Cup****Low Fat 1% Milk** | **30** **Nutri Grain Bar****Yogurt****Fresh Blueberries****Low Fat 1% White Milk** | 31**W/G Cereal****String Cheese** **Mixed Fruit****1% White Milk** |

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

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

**Milk: Low Fat 1% White**