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**