**LUNCH**  **Cedar Hills **

**May 2019**

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

|  |  |  |  |
| --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **NSLP REQUIRMENTS:**  **Meat/Alt 1.75/ 2oz daily**  **Grains 1.75/ 2 oz. daily**  **Veggie ¾ cup daily**  **Fruit ½ cup daily**  **Milk 1 cup daily** | **WEEKLY AVERAGE:**  **Calories: 550-650**  **Sodium: <1,230**  **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 child /grandchild so we may plan accordingly.** |
|  |  | **1**  **Spaghetti w/ meat sauce**  **W/G Noodles**  **Garlic Toast**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** | **2**  **Track Meet**  **Sub Sandwiches**  **Chips**  **Water/Gatorade** |
| **6**  **Field Trip**  **Lunch served outside of**  **school** | **7**  **TACO TUESDAY**  **Street Taco’s**  **W/G Shell**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** | **8**  **Field Trip**  **Beef Hot Dog**  **W/G Hot Dog Bun**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** | **9**  **Chicken and White Sauce**  **w/ Whole Grain Noodles**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** |
| **13**  **BREAKFAST FOR**  **LUNCH**  **French Toast**  **Sausage Patty**  **½ c. Fruit**  **Milk Variety** | **14**  **TACO TUESDAY**  **Chicken and Cheese Nacho’s**  **W/G Tortilla Chips**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** | **15**  **Cheeseburger**  **W/G Hamburger Bun**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** | **16**  **Field Trip**  **Sub Sandwiches**  **Chips**  **Water/Gatorade** |
| **20**  **Corn Dog**  **Macaroni & Cheese**  **¾ c. Vegetable**  **½ c. Fruit**  **Milk Variety** | **21**  **Minimum Attendance**  **No Lunch**  **Last Day of School** | **22** | **23**  **C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PNTDZXXG\happy_summer[1].jpg** |
| **27** | **28** | **29** | **30** |

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

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

**Milk Variety: Low Fat 1% White, Fat Free or Non Fat Chocolate**

**BREAKFAST Cedar Hills **

**May 2019**

**Breakfast in Classroom Adult Price $2.92**

|  |  |  |  |
| --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **NSLP REQUIREMENTS:**  **Meat/Alt Optional 1 oz. daily**  **Whole Grain 1.75/2 oz. daily**  **Fruit/Veggie 1 cup daily**  **Milk 1 cup daily** | **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 child /grandchild so we may plan accordingly.** |
|  |  | **1**  **Biscuits and Gravy**  **Sausage Links**  **½ c. Fruit**  **Milk Variety** | **2**  **Track Meet**  **Ham, Egg and Cheese Muffin**  **Juice** |
| **6**  **Oatmeal Muffins**  **1 C. Fruit**  **Milk Variety** | **7**  **Scrambled Eggs**  **Hash browns**  **1 C. Fruit**  **Milk Variety**  **School Board Meeting** | **8**  **W/G Cereal w/ Milk**  **String Cheese**  **1 C. Fruit**  **Milk Variety** | **9**  **W/G Raisin Bread**  **Sausage Patty**  **1 C. Fruit**  **Milk Variety** |
| **13**  **Bagel**  **w/ Peanut Butter or**  **Cream Cheese**  **1 C. Fruit**  **Milk Variety** | **14**  **Blueberry Muffin**  **Yogurt**  **1 C. Fruit**  **Milk Variety** | **15**  **W/G Cereal Bar**  **1 C. Fruit**  **Milk Variety** | **16**  **Fruit Smoothie**  **W/G English Muffin**  **Milk Variety** |
| **20**  **W/G French Toast**  **1 C. Fruit**  **Milk Variety** | **21**  **W/G Cereal**  **Hard Boiled Egg**  **1 C. Fruit**  **Milk Variety** | **22** | **23**  **C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PWIVF8DK\summer-1156[1].gif** |
| **27** | **28** | **29**  **HAVE A GREAT SUMMER!** | **30** |

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**Milk: Low Fat 1% and Fat Free**