**LUNCH**  **Cedar Hills ![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PWIVF8DK\5612802943_c9039f6dd4[1].jpg]()**

**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 ![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PWIVF8DK\flowers-45786_640[1].png]()**

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

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