LUNCH Cedar Hills![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F9YW9WBI\Thanksgiving-Turkey[1].gif]()

 November 2018

**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 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****W/G Sausage or Pepperoni Pizza w/ Cheese** **Fresh Garden Salad****Fresh Mixed Berries** **Milk Variety** |
| **5****Grilled Turkey Sandwich on****W/G Bread** **Steamed Cauliflower****Diced Pears****Milk Variety** | **6****Teriyaki Chicken****W/G Brown Rice****Pinto Beans****Fresh Apples****Milk Variety** | **7****Fish Sticks****W/G Chips****Corn****Fresh Carrots** **Milk Variety** | **8****Sloppy Joes on W/G Bun****Peas****Diced Peaches****Milk Variety** |
| **12****Veterans Day Holiday****No School** | **13****Ham & Cheese Sandwich on W/G Bread****Veggie Beans****Fruit Cocktail****Milk Variety** | **14** **Baked BBQ Chicken****Mashed Potatoes****Fresh Steamed Cauliflower****Applesauce Cups****Milk Variety** | **15****Turkey****Mashed Potatoes w/ Gravy****Stuffing****W/G Roll****Corn****Pumpkin Pie w/ Cool Whip****Milk Variety****THANSKGIVING LUNCHEON** |
| **19****Thanksgiving Break****No School** | **20****Thanksgiving Break****No School** | **21****Thanksgiving Break****No School** | **22** **Thanksgiving Break****No School****C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F9YW9WBI\mf_happy_thanksgiving[1].png** |
|  **26****Hot Dog on W/G Bun****Veggie Beans****Diced Pears** **Milk Variety** | **27****Taco Tuesday****Meat Taco on W/G Tortilla Shell****Spanish Rice** **Fresh Mellon****Milk Variety** |  **28****Chicken Strips****Baked French Fries****Fresh Broccoli** **Diced Peaches****Milk Variety** | **29****Beef and Noodles****W/G Roll****Green Beans****Applesauce Cups****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 or Non Fat Strawberry**

BREAKFAST Cedar Hills![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F9YW9WBI\a_thanksgiving_cornucopia_0515-0910-1217-2846_SMU[1].jpg]()

 November 2018

**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 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** **W/G Pancakes****Yogurt****Mixed Fruit****1% White Milk** |
| 5 **W/G Cereal****Sausage Patty****Fresh Cantaloupe****1% White Milk** | **6** **Nutri Grain Bar****String Cheese****Diced Pears****1% White Milk** | **7** **Cheesy Scrambled Eggs****W/G Toast w/ Jelly****Fresh Apple****1% White Milk** |  **8** **W/G Blueberry Muffin****Sausage Patty****Diced Pears****1% White Milk** |
| **12****Veterans Day Holiday****No School** | **13** **W/G French Toast****Sausage Link****Diced Peaches****1% White Milk****School Board Meeting** | **14** **Oatmeal****W/G English Muffin** **w/ Peanut Butter****Fresh Blueberries****1% White Milk** | **15** **W/G Biscuits w/****Jelly or Butter****String Cheese** **Mixed Fruit****1% White Milk** |
| **19****Thanksgiving Break****No School** | **20****Thanksgiving Break****No School** | **21****Thanksgiving Break****No School** |  **22** **Thanksgiving Break** **No School****C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F9YW9WBI\mf_happy_thanksgiving[1].png** |
| **26** **W/G Toasted Bagel****w/ Jelly or Butter****Sausage Link****Diced Pears****1% White Milk** | **27** **Blueberry Fruit Smoothie****W/G Toast w/ Peanut Butter****1% White Milk** | **28** **Egg, Cheese, Sausage and Hash brown Bake****Fresh Pineapple****1% White Milk** | 29**W/G Raisin Bread****Yogurt****Peaches****1% White Milk** |

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

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

**Milk: Low Fat 1% White**