**LUNCH**  **Cedar Hills** ![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PWIVF8DK\heart-eyes-emoji[1].png]()

**February 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 child/ grandchild so we may plan accordingly.** |
| **4****Grilled Ham & Cheese Sandwich on W/G Bread****Green Beans****Fruit****Milk Variety** | **5****Chicken Nuggets****W/G Rice****Steamed Broccoli** **Fruit** **Milk Variety****School Board Meeting** | **6****Pork Roast****Mashed Potatoes w/ gravy****Carrots****Fruit** | **7****Minimum Attendance****No Lunch** |
| **11****W/G Pizza****Garden Salad** **Fruit****Milk Variety** | **12****Turkey & Cheese Sandwich on W/G Bread****Peas****Fruit****Milk Variety** | **13****Baked Chicken****Mashed Potatoes****Corn on the Cob****Fruit****Milk Variety** | **14****Fajitas****W/G Tostada Shell****Mixed Vegetables** **Fruit****Milk Variety****Happy Valentine’s Day** |
| **18****Presidents Day****No School** | **19****W/G Spaghetti****w/ Meat Sauce****Garden Salad** **Fruit****Milk Variety** | **20** **Field Trip** |  **21****Teriyaki Chicken****W/G Brown Rice****Steamed Broccoli** **Fruit****Milk Variety** |
| **25****Baked Chicken****French Fries****Peas****Fruit** **Milk Variety** | **26****Taco Tuesday****Meat Taco****Spanish Rice****Fruit****Milk Variety** | **27****BBQ Pork****W/G Bun****Steamed Cabbage****Fruit****Milk Variet**y | **28****Sliced Ham****Diced Red Roasted Potatoes’****Fruit****Milk Variety**  |
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**This institution is an Equal opportunity provider.**

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

**MILK VARIETY: LOW FAT 1%, WHITE MILK OR NON FAT CHOCOLATE MILK**

**BREAKFAST** **Cedar Hills ![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PWIVF8DK\16126-illustration-of-a-red-heart-pv[1].png]()**

 **February 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 child/grandchild so we may plan accordingly.** |
| **4****Scrambled Eggs****Hash brown** **Fruit****1% White Milk**  | **5****W/G Waffles****Sausage Links****Fruit** **1% White Milk****school board meeting** | **6****W/G Cereal****Cheese Stick****Fruit****1% White Milk** | **7****W/G Bagel w/** **Peanut Butter****Sausage Patties****Fruit****1% Milk** |
| **11** **Nutri Grain Bar****String Cheese****Fruit****1% White Milk** | **12****Baked Ham Cups****Fruit****1% White Milk** | **13****W/G French Toast****Sausage Patties****Fruit****1% White Milk** | **14****W/G Blueberry Muffin****Fruit****1% White Milk** **Happy Valentine’s Day** |
| **18****Presidents Day****No School** | **19****Oatmeal****W/G Cranberry Muffin****Fruit****1% White Milk** | **20****Scrambled Eggs & Ham w/ Cheese****Fruit****1% White Milk** | **21****W/G Pancakes****Fruit** **1% White Milk** |
| **25****Oatmeal****W/G Bagel****Fruit****1% White Milk** | **26****Scrambled Eggs****Sausage Patty****Fruit****1% White Milk** | **27****Stuffed Breakfast Biscuits****Fruit****1% White Milk** | **28****W/G Raisin Bread****Hard Boiled Egg****Fruit****1% White Milk**  |
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**Menu is Subject to change without notice**

**Milk: low fat 1% white milk**