**LUNCH**  **Cedar Hills** 

**February 2019**

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

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| --- | --- | --- | --- |
| **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 **

**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**