**BREAKFAST CEDAR HILLS SEPTEMBER 2018**

Breakfast inClassroom Adult Price $2.92

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSLP REQUIREMENTS:Fruit/ Veggie 1 cup daily Grain: 1.75/2 oz. daily **Milk: 1 cup daily Meat/Meat Alt. Optional** | WEEKLY AVERAGE:Calories: 400-500Sodium: <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.** |
|  3**LABOR****DAY HOLIDAY NOSCHOOL** |  4Scrambled Eggs & Ham W/G English Muffin Fresh OrangeLow Fat 1% White Milk |  5Blueberry Fruit Smoothie Sausage PattyW/G ToastLow Fat 1% White Milk |  6W/G Cereal Fresh BananaLow Fat 1% White Milk |
|  10W/G Blueberry Muffins String CheeseFresh MangoesLow Fat 1% White Milk |  11W/G Waffles w/ Peanut Butter YogurtPearsLow Fat 1% White Milk |  12W/G Honey Nut Cheerios String CheeseFresh PeachesLow Fat 1% White Milk |  13Egg and Cheese Bake W/G Toast Applesauce CupLow Fat 1% White Milk |
|  17W/G Biscuits w/ White GravyTurkey Sausage Links PeachesLow Fat 1% White Milk |  18Nutri Grain Bar YogurtFresh Pineapple Chunks Low Fat 1% White Milk |  19W/G Toasted Bagel W/ Peanut Butter Sausage Patty RaisinsLow Fat 1% White Milk |  20W/G Banana Nut Oatmeal Bars Fresh Apple SlicesLow Fat 1% White Milk |
|  24OatmealW/G Toast w/ Jelly Fresh Cantaloupe Chunks Low Fat 1% Milk |  25W/G French Toast String Cheese Applesauce Cups Low Fat 1% Milk |  26Hash brown & Sausage Bake with Cheese Fresh Melon Chunks Low Fat 1% Milk |  27Banana Fruit Smoothie W/G English Muffin Sausage LinkLow Fat 1% Milk |

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

MILK VARIETY: LOW FAT WHITE, NON-FAT CHOCOLATE OR STRAWBERRY

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| **LUNCH** | **CEDAR HILLS****SEPTEMBER 2018** |  |
| **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 Mr. Steve 24 hrs. in advance if you would like to have breakfast or lunch with your child/ grandchild so we may plan accordingly.** |
|  3**LABOR****DAY HOLIDAY NO SCHOOL** |  4HOMEMADE Chicken Noodle soup w/Fresh Carrots & Celery PeachesMILK VARIETY |  5Corn DogBaked Puzzle Potatoes Green BeansFruit Cocktail MILK VARIETY |  6Orange Chicken W/G Rice Veggie BeansFresh Watermelon MILK VARIETY |
|  10Spaghetti w/ meat sauceW/GNoodles Garlic ToastFresh Baked Asparagus Applesauce Cups MILK VARIETY |  11**TACO TUESDAY**Turkey Taco Meat W/G Taco Shell Pinto BeansPearsMILK VARIETY |  12Bean and Cheese Burrito W/G Tortilla ShellCornFresh Peaches MILK VARIETY |  13Sliced Turkey Mashed Potatoes w/ White Gravy W/GRollMixed Fruit MILK VARIETY |
|  17CheeseburgerW/G Hamburger Bun Lettuce, TomatoFresh Steamed Carrots Milk Variety |  18Hot DogW/GHot Dog Bun Mac & Cheese w/ W/G NoodlesMandarin Oranges Milk Variety |  19Lasagna Roll-Ups W/G Noodles w/ Meat Green & Red Peppers Fresh BerriesMilk Variety |  20Chicken Strips Tater Tots CornPeaches Milk Variety |
|  24Meatball Sandwich w/ Sauce on a W/G Hoagie RollFresh Baked Broccoli w/ CheeseMixed FruitMILK VARIETY |  25BBQ Pulled Pork W/G BunBaked French Fries Fresh Corn on the Cob Applesauce Cups MILK VARIETY |  26Beef & Cheese Nachos on W/G Tortilla Chips Lettuce, TomatoSpanish Rice Fresh Red Grapes MILK VARIETY |  27Salisbury Steak Brown Gravy W/GRoll Green Salad PearsMILK VARIETY |

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Menu is subject to change without notice.

Milk Variety: Low Fat White or Non-Fat Chocolate or Strawberry