**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: 400-500  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.** |
| 3  **LABOR**  **DAY HOLIDAY NOSCHOOL** | 4  Scrambled Eggs & Ham W/G English Muffin Fresh Orange  Low Fat 1% White Milk | 5  Blueberry Fruit Smoothie Sausage Patty  W/G Toast  Low Fat 1% White Milk | 6  W/G Cereal Fresh Banana  Low Fat 1% White Milk |
| 10  W/G Blueberry Muffins String Cheese  Fresh Mangoes  Low Fat 1% White Milk | 11  W/G Waffles w/ Peanut Butter Yogurt  Pears  Low Fat 1% White Milk | 12  W/G Honey Nut Cheerios String Cheese  Fresh Peaches  Low Fat 1% White Milk | 13  Egg and Cheese Bake W/G Toast Applesauce Cup  Low Fat 1% White Milk |
| 17  W/G Biscuits w/ White Gravy  Turkey Sausage Links Peaches  Low Fat 1% White Milk | 18  Nutri Grain Bar Yogurt  Fresh Pineapple Chunks Low Fat 1% White Milk | 19  W/G Toasted Bagel W/ Peanut Butter Sausage Patty Raisins  Low Fat 1% White Milk | 20  W/G Banana Nut Oatmeal Bars Fresh Apple Slices  Low Fat 1% White Milk |
| 24  Oatmeal  W/G Toast w/ Jelly Fresh Cantaloupe Chunks Low Fat 1% Milk | 25  W/G French Toast String Cheese Applesauce Cups Low Fat 1% Milk | 26  Hash brown & Sausage Bake with Cheese Fresh Melon Chunks Low Fat 1% Milk | 27  Banana Fruit Smoothie W/G English Muffin Sausage Link  Low 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** | 4  HOMEMADE Chicken Noodle soup w/  Fresh Carrots & Celery Peaches  MILK VARIETY | 5  Corn Dog  Baked Puzzle Potatoes Green Beans  Fruit Cocktail MILK VARIETY | 6  Orange Chicken W/G Rice Veggie Beans  Fresh Watermelon MILK VARIETY |
| 10  Spaghetti w/ meat sauce  W/GNoodles Garlic Toast  Fresh Baked Asparagus Applesauce Cups MILK VARIETY | 11  **TACO TUESDAY**  Turkey Taco Meat W/G Taco Shell Pinto Beans  Pears  MILK VARIETY | 12  Bean and Cheese Burrito W/G Tortilla Shell  Corn  Fresh Peaches MILK VARIETY | 13  Sliced Turkey Mashed Potatoes w/ White Gravy W/GRoll  Mixed Fruit MILK VARIETY |
| 17  Cheeseburger  W/G Hamburger Bun Lettuce, Tomato  Fresh Steamed Carrots Milk Variety | 18  Hot Dog  W/GHot Dog Bun Mac & Cheese w/ W/G Noodles  Mandarin Oranges Milk Variety | 19  Lasagna Roll-Ups W/G Noodles w/ Meat Green & Red Peppers Fresh Berries  Milk Variety | 20  Chicken Strips Tater Tots Corn  Peaches Milk Variety |
| 24  Meatball Sandwich w/ Sauce on a W/G Hoagie Roll  Fresh Baked Broccoli w/ Cheese  Mixed Fruit  MILK VARIETY | 25  BBQ Pulled Pork W/G Bun  Baked French Fries Fresh Corn on the Cob Applesauce Cups MILK VARIETY | 26  Beef & Cheese Nachos on W/G Tortilla Chips Lettuce, Tomato  Spanish Rice Fresh Red Grapes MILK VARIETY | 27  Salisbury Steak Brown Gravy W/GRoll Green Salad Pears  MILK VARIETY |

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Menu is subject to change without notice.

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