

BREAKFAST

Cedar Hills

March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NSLP REQUIREMENTS: Meat/Alt. Optional 1 oz. daily Whole Grain: 1.75/1oz daily Fruit/Vegetable 1 Cup daily Milk: 1 Cup daily	WEEKLY AVERAGE: Calories: 400-500 Sodium: <540 Sat. Fat: <10 Trans Fat: 0g. /Serving	MILK VARIETY: LOWFAT (1%) WHITE MILK FAT FREE WHITE MILK FAT FREE CHOCOLATE MILK	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.
2 W/G Cereal w/ Milk 1 C. Fruit Milk Variety	3 W/G Biscuits w/ White Gravy Sausage Patty 1 C. Fruit Milk Variety	4 Muffins Sausage Links 1 C. Fruit Milk Variety	5 Pancakes 1 C. Fruit Milk Variety
9 Spring Break No School	10 Spring Break No School School Board Meeting	11 Spring Break No School	12 Spring Break No School
16 W/G Toast w/ Jelly & Peanut Butter Scrambled Eggs 1 C. Fruit Milk Variety	17 Breakfast Sandwich Ham and Cheese on a W/G English Muffin 1 C. Fruit Milk Variety	18 W/G Cranberry Muffin Yogurt 1 C. Fruit Milk Variety	19 W/G Pancakes 1 C. Fruit Milk Variety
23 Oatmeal 1 C. Fruit Milk Variety	24 Peanut Butter breakfast bars 1 C. Fruit Milk Variety	25 Ham & Eggs 1 C. Fruit Milk Variety	26 W/G Raisin Bread Eggs 1 C. Fruit Milk Variety
30 Ham & Eggs 1 C. Fruit Milk Variety	31 Scrambled Eggs 1 C. Fruit Milk Variety		

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENU IS SUBJECT TO CHANGE

LUNCH

Cedar Hills

March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NSLP REQUIRMENTS: Meat/Alt: 1.75/2 oz. daily Whole Grain 1.75/2oz. daily Vegetable: ¼ Cup daily Fruit: ½ Cup daily Milk Variety: 1 cup daily	WEEKLY AVERAGE: Calories: 550-650 Sodium: <1230 Sat Fat: <10 Trans Fat: 0g. /Serving	MILK VARIETY: LOWFAT (1%) WHITE MILK FAT FREE WHITE MILK FAT FREE CHOCOLATE MILK	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.
2 Spaghetti w/ meat sauce W/G Noodles Garlic Toast ¾ c. Vegetables ½ c. Fruit Milk Variety	3 <u>TACO TUESDAY</u> Meat Taco w/ Cheese on W/G Tortilla Shell Spanish Rice ¾ c. Vegetables ½ c. Fruit Milk Variety	4 Pulled Pork Sandwich on W/G Bun ¾ c. Vegetable ½ c. Fruit Milk Variety	5 Ham & Cheese Sandwich ¾ C. Vegetable ½ c. Fruit Milk Variety
9 Spring Break No School	10 Spring Break No School School Board Meeting	11 Spring Break No School	12 Spring Break No School
16 Chicken and White Sauce w/ W/G Noodles ¾ c. Vegetables ½ c. Fruit Milk Variety	17 <u>TACO TUESDAY</u> Chicken Taco Tater Tots ¾ c. Vegetables ½ c. Fruit Milk Variety	18 Sausage or Pepperoni Pizza on W/G Crust Garden Salad w/ Dressing ¾ c. Vegetables ½ c. Fruit Milk Variety	19 Beef Hot Dog on W/G Bun W/G Macaroni & Cheese ¾ c. Vegetables ½ c. Fruit Milk Variety
23 Pulled Pork Mashed Potatoes ¾ c. Vegetables ½ c. Fruit Milk Variety	24 <u>TACO TUESDAY</u> Fajitas on W/G Tortilla Shell ¾ c. Vegetables ½ c. Fruit Milk Variety	25 Meatball Sandwich on W/G Hoagie Roll Rice ¾ c. Vegetables ½ c. Fruit Milk Variety	26 Grilled Ham and Cheese Sandwich ¾ C. Vegetable ½ c. Fruit Milk Variety
30 Chicken Nuggets ¾ c. Vegetables ½ c. Fruit Milk Variety	31 Pulled Pork Tacos ¾ C. Vegetables ½ C. Fruit Milk Variety		

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENU IS SUBJECT TO CHANGE.