LUNCH  Cedar Hills

December 2018

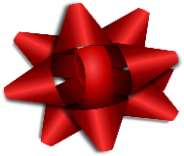
**Reduced Price .40 (Child)**  **Full Price $2.92 (Child)**  **Adult Price $2.92**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 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**  **Orange Chicken**  **W/G Rice**  **Green Beans**  **Diced Peaches**  **Milk Variety** | **4**  **Tomato Soup**  **W/G Grilled Cheese Sandwich**  **Fresh Apples**  **Milk Variety** | **5**  **BBQ Pulled Pork on a W/G Bun**  **French Fries**  **mixed vegetables**  **Fruit Cocktail**  **Milk Variety** | **6**  **Hot Dog**  **W/G Hot Dog Bun**  **Sun Chips**  **Apricot Cups**  **Milk Variety** |
| **10**  **BBQ Chicken**  **Corn**  **Diced Pears**  **Milk Variety** | **11**  **TACO TUESDAY**  **Turkey Taco Meat**  **W/G Taco Shell**  **Refried Beans**  **Fresh Peaches**  **Milk Variety**  **School Board Meeting** | **12**  **Spaghetti w/ meat sauce**  **W/G Noodles**  **Garlic Toast**  **Steamed Cauliflower**  **Applesauce Cups**  **Milk Variety** | **13**  **Turkey Sandwich on W/G Bread**  **Fresh Garden Salad**  **Mixed Fruit**  **Milk Variety** |
| **17**  **Sliced Ham**  **Mashed Potatoes w/ Gravy**  **Mixed Vegetables**  **Diced Peaches**  **Milk Variety** | **18**  **Chicken Nuggets**  **Tater Tots**  **Corn**  **Fresh Berries**  **Milk Variety** | **19**  **Chili**  **Corn Bread**  **green beans**  **Diced Pears**  **Milk Variety** | **20**  **Minimum Attendance**  **No Lunch** |
| **24**  **Winter Break**  **No School** | **25**  **Winter Break**  **No School**  **C:\Users\klafferty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L7IA6PKT\merry_christmas_logo.253152240_std[1].jpg** | **26**  **Winter Break**  **No School** | **27**  **Winter Break**  **No School** |
| **31**  **Winter Break**  **No School** |  |  |  |

**This institution is an equal opportunity provider.**

**Menu is subject to change without notice.**

**Milk Variety: Low Fat 1%, White or Non-Fat Chocolate or Non Fat Strawberry**

BREAKFAST Cedar Hills****

December 2018

**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 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**  **W/G Cereal**  **Mixed Fruit**  **Jell-O Cups**  **Low Fat 1% White Milk** | **4**  **W/G French Toast**  **String Cheese**  **Fresh Banana**  **Low Fat 1% Milk** | **5**  **Scrambled Eggs & Ham**  **W/G English Muffin**  **Diced Peaches**  **Low Fat 1% White Milk** | **6**  **Oatmeal**  **Sausage Patty**  **W/G Toast w/ Butter or Jelly**  **Orange Juice**  **Low Fat 1% White Milk** |
| **10**  **Hash browns and**  **Scrambled Eggs**  **W/G Toast**  **Applesauce cups**  **Low fat 1% Milk** | **11**  **W/G Honey Nut Cheerios**  **String Cheese**  **Mixed Fruit**  **Low Fat 1% White Milk**  **School Board Meeting** | **12**  **W/G Blueberry Muffins**  **String Cheese**  **Diced Pears**  **Low Fat 1% White Milk** | **13**  **W/G Waffles w/ Syrup**  **Yogurt**  **Fresh Blueberries**  **Low Fat 1% White Milk** |
| **17**  **W/G English Muffin**  **W/ Peanut Butter**  **Sausage Patty**  **Diced Pears**  **Low Fat 1% White Milk** | **18**  **W/G Biscuits**  **w/ White Gravy**  **Turkey Sausage Links**  **Fresh Pineapple Chunks**  **Low Fat 1% White Milk** | **19**  **Nutri Grain Bar**  **Yogurt**  **Mixed Fruit**  **Low Fat 1% White Milk** | **20**  **Oatmeal**  **Bagel w/ Cream Cheese**  **Fresh Green Grapes**  **Low Fat 1% Milk**  **Minimum**  **Attendance**  **No Lunch** |
| **24**  **Winter Break**  **No School** | **25**  **Winter Break**  **No School**  **C:\Users\klafferty\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7Q5HN83M\merryChristmas[1].png** | **26**  **Winter Break**  **No School** | **27**  **Winter Break**  **No School** |
| **31**  **Winter Break**  **No School** |  |  |  |

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**Milk: Low Fat 1% White**