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**