**LUNCH**  **Cedar Hills**

**October 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: <1230**  **Sat Fat: <10**  **Trans Fat: Zero** |  | **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.** |
| **1**  **Fall Break**  **No School** | **2**  **Fall Break**  **No School** | **3**  **Fall Break**  **No School** | **4**  **Fall Break**  **No School** |
| **8**  **Columbus Day**  **No School** | **9**  **Fall Break**  **No School**  **School Board Meeting** | **10**  **Fall Break**  **No School** | **11**  **Fall Break**  **No School** |
| **15**  **Hamburger**  **W/G Hamburger Bun**  **Lettuce & Tomato**  **Pork & Beans**  **Fresh Pineapple**  **Milk Variety** | **16**  **Beef & W/G Noodles**  **Green Beans**  **Diced Pears**  **Milk Variety** | **17**  **W/G Sausage or Pepperoni Pizza**  **Fresh Garden Salad w/**  **Cucumbers**  **Mandarin Oranges**  **Milk Variety** | **18**  **Fajitas**  **W/G Tostada Shell**  **Lettuce, Tomato, Cheese**  **Corn**  **Diced Peaches**  **Milk Variety** |
| **22**  **Baked Chicken**  **Baked Potato w/ Fixings**  **Fresh Cantaloupe**  **Milk Variety** | **23**  **Taco Tuesday**  **Meat Taco w/ Lettuce, Tomato, Cheese**  **Spanish Rice**  **Fruit Cocktail**  **Milk Variety** | **24**  **Pulled Pork**  **W/G Roll**  **Fresh Steamed Cabbage**  **Diced Pears**  **Milk Variety** | **25**  **Cooked Ham**  **Red Roasted Potatoes**  **W/ Fixings**  **Pinto Beans**  **Mixed Fruit**  **Milk Variety** |
| **29**  **Salisbury Steak w/ White Gravy**  **W/G Brown Rice**  **Green beans**  **Fresh Berries**  **Milk Variety** | **30**  **Beef and Cheese Nachos on W/G Tortilla Chips**  **Corn**  **Peaches**  **Milk Variety** | **31**  **Red Beans and**  **W/G Rice**  **Garlic Toast**  **Fresh Celery**  **Applesauce Cups**  **Milk Variety** |  |

**This institution is an aqual 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**

**October 2018**

**Breakfast in Classroom**

|  |  |  |  |
| --- | --- | --- | --- |
| **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.** |
| **1**  **Fall Break**  **No School** | **2**  **Fall Break**  **No School** | **3**  **Fall Break**  **No School** | **4**  **Fall Break**  **No School** |
| **8**  **No School**  **Columbus Day** | **9**  **Fall Break**  **No School**  **School Board Meeting** | **10**  **Fall Break**  **No School** | **11**  **Fall Break**  **No School** |
| **15**  **Nutri Grain Bar**  **String Cheese**  **Fresh Peaches**  **1% White Milk** | **16**  **W/G Apple Muffins**  **Pears**  **1% White Milk** | **17**  **Scrambled Eggs & Ham w/ Cheese**  **Fresh Red Grapes**  **1% White Milk** | **18**  **W/G Pancakes**  **Yogurt**  **Fruit Cocktail**  **1% White Milk** |
| **22**  **Oatmeal**  **W/G Bagel**  **Fresh Raisins**  **1% White Milk** | **23**  **Scrambled Eggs**  **Sausage Patty**  **Pears**  **1% White Milk** | **24**  **Peach Fruit Smoothie**  **W/G Breakfast Bar**  **1% White Milk** | **25**  **W/G Raisin Bread**  **Hard Boiled Egg**  **Fruit Cocktail**  **1% White Milk** |
| **29**  **W/G French Toast**  **String Cheese**  **Fresh Green Grapes**  **1% White Milk** | **30**  **W/G English Muffin**  **w/ Peanut Butter**  **Yogurt**  **1% White Milk** | **31**  **W/G Cereal**  **Fresh Cantaloupe**  **1% White Milk** |  |

**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**