**LUNCH**  **Cedar Hills![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6Y9WZARP\bat-silhouette-for-halloween[1].jpg]()**

 **October 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: <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![C:\Users\NGunckel\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6Y9WZARP\bat-silhouette-for-halloween[1].jpg]()**

 **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**