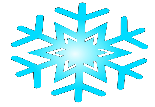
LUNCH Cedar Hills

January 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.** |
|  | **1**  **Winter Break**  **No School** | **2**  **Winter Break**  **No School** | **3**  **Winter Break**  **No School** |
| **7**  **W/G Sausage or Pepperoni Pizza**  **Fresh Garden Salad w/**  **Cucumbers**  **Mandarin Oranges**  **Milk Variety** | **8**  **Fajitas**  **W/G Tostada Shell**  **Lettuce, Tomato, Cheese**  **Corn**  **Diced Peaches**  **Milk Variety** | **9**  **Hamburger**  **W/G Hamburger Bun**  **Lettuce & Tomato**  **Pork & Beans**  **Fresh Pineapple**  **Milk Variety** | **10**  **Beef & W/G Noodles**  **Green Beans**  **Diced Pears**  **Milk Variety** |
| **14**  **BBQ Pulled Pork**  **W/G Roll**  **Fresh Steamed Cabbage**  **Diced Pears**  **Milk Variety** | **15**  **Taco Tuesday**  **Meat Taco w/ Lettuce, Tomato, Cheese**  **Spanish Rice**  **Fruit Cocktail**  **Milk Variety**  **School Board Meeting** | **16**  **Oven Baked Chicken**  **Baked Potato w/ Fixings**  **Fresh Cantaloupe**  **Milk Variety** | **17**  **Cooked Ham**  **Mashed Potatoes’**  **Pinto Beans**  **Mixed Fruit**  **Milk Variety** |
| **21**  **Red Beans on**  **W/G Rice**  **Garlic Toast**  **Fresh Steamed Broccoli**  **Mixed Fruit**  **Milk Variety** | **22**  **Beef and Cheese Nacho’s on W/G Tortilla Chips**  **Corn**  **Peaches**  **Milk Variety** | **23**  **Salisbury Steak w/ White Gravy**  **W/G Brown Rice**  **Green beans**  **Fresh Berries**  **Milk Variety** | **24**  **Sloppy Joes on W/G Bun**  **Peas**  **Diced Peaches**  **Milk Variety** |
| **28**  **Fish Sticks**  **W/G Chips**  **Fresh Corn**  **Diced Peaches**  **Milk Variety** | **29**  **Teriyaki Chicken**  **W/G Brown Rice**  **Pinto Beans**  **Mixed Fruit**  **Milk Variety** | **30**  **Grilled Turkey Sandwich on**  **W/G Bread**  **Green Beans**  **Fresh Pineapple**  **Milk Variety** | **31**  **Refried Bean and Cheese Burrito on W/G Tortilla**  **W/G Rice**  **Mixed Fruit**  **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

January 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.** |
|  | **1**  **Winter Break**  **No School** | **2**  **Winter Break**  **No School** | **3**  **Winter Break**  **No School** |
| **7**  **Scrambled Eggs & Ham w/ Cheese**  **Fresh Red Grapes**  **1% White Milk** | **8**  **W/G Pancakes**  **Yogurt**  **Fruit Cocktail**  **1% White Milk** | **9**  **Nutri Grain Bar**  **String Cheese**  **Fresh Peaches**  **1% White Milk** | **10**  **W/G Apple Muffins**  **Diced Pears**  **1% White Milk** |
| **14**  **Peach Fruit Smoothie**  **W/G Breakfast Bar**  **1% White Milk** | **15**  **W/G Raisin Bread**  **Hard Boiled Egg**  **Fruit Cocktail**  **1% White Milk**  **School Board Meeting** | **16**  **Oatmeal**  **W/G Bagel**  **Fresh Raisins**  **1% White Milk** | **17**  **Scrambled Eggs**  **Sausage Patty**  **Diced Pears**  **1% White Milk** |
| **21**  **Scrambled Eggs**  **Sausage Patty**  **Fresh Pears**  **1% White Milk** | **22**  **W/G English Muffin**  **w/ Peanut Butter**  **Yogurt**  **1% White Milk** | **23**  **W/G French Toast**  **String Cheese**  **Fresh Green Grapes**  **1% White Milk** | **24**  **Nutri Grain Bar**  **String Cheese**  **Diced Pears**  **1% White Milk** |
| **28**  **Oatmeal**  **W/G Toast w/ Jelly**  **Fresh Cantaloupe Chunks**  **Low Fat 1% Milk** | **29**  **W/G French Toast**  **String Cheese**  **Applesauce Cups**  **Low Fat 1% Milk** | **30**  **Nutri Grain Bar**  **Yogurt**  **Fresh Pineapple Chunks**  **Low Fat 1% White Milk** | 31  **W/G Biscuits w/**  **Jelly or Butter**  **String Cheese**  **Mixed Fruit**  **1% White Milk** |

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

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

**Milk: Low Fat 1% White**