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**