**LUNCH**  **Cedar Hills**

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 **February 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: <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.** |
| **4****Grilled Turkey Sandwich on W/G Bread****Veggie Beans****Fresh Steamed Green Bean****Milk Variety** | **5****Teriyaki Chicken****W/G Brown Rice****Pinto Beans****Mixed Fruit****Milk Variety** | **6****Sloppy Joes****W/G Hamburger Bun****Corn****Fresh Green Grapes****Milk Variety** | **7****Minimum Attendance****No Lunch** |
| **11****Hamburger****W/G Hamburger Bun****Lettuce & Tomato****Pork & Beans****Fresh Steamed Carrots** **Milk Variety** | **12****Ham & Cheese Sandwich on****W/G Bread****Green Beans****Diced Pears****Milk Variety****School Board Meeting** | **13****Baked BBQ Chicken****Mashed Potatoes****w/ Butter & Sour Cream****Fresh Pineapple** **Milk Variety** | **14****Refried Bean & Cheese****Burrito w/ Lettuce & Tomato****W/G Tortilla****Spanish Rice****Fruit Cocktail****Milk Variety****Happy Valentine’s Day** |
| **18****Presidents Day****No School** | **19****Beef & W/G Noodles****Green Beans****Diced Pears****Milk Variety** | **20****W/G Sausage or Pepperoni Pizza****Fresh Garden Salad w/****Cucumbers****Mandarin Oranges****Milk Variety**  | **21****Fajitas****W/G Tostada Shell****Lettuce, Tomato, Cheese****Corn** **Diced Peaches****Milk Variety** |
| **25****Baked Chicken****Baked Potato w/ Fixings****Fresh Cantaloupe****Milk Variety** | **26****Taco Tuesday****Meat Taco w/ Lettuce, Tomato, Cheese****Spanish Rice****Fruit Cocktail** **Milk Variety** | **27****BBQ Pork****W/G Roll****Fresh Steamed Cabbage****Diced Pears****Milk Variet**y | **28****Cooked Ham****Diced Red Roasted Potatoes’****W/ Fixings****Pinto Beans****Mixed Fruit****Milk Variety**  |
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**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 **

 **February 2018**

**Breakfast in Classroom** **Adult Price $2.92**

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| --- | --- | --- | --- |
| 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.** |
| **4****Sausage Breakfast Pizza on W/G Crust****Fresh Oranges****1% White Milk** | **5****W/G Biscuits w/ White Gravy****Sausage Links****Fruit Cocktail****1% White Milk** | **6****Granola Bar****Cheese Stick****Fresh Blueberries****1% White Milk** | **7****Hash brown & Sausage Bake w/ melted Cheese****Diced Peaches****1% White Milk** **Minimum Attendance****No Lunch** |
| **11** **Nutri Grain Bar****String Cheese****Fresh Peaches****1% White Milk** | **12****W/G Honey Nut Cheerios Cereal** **Applesauce Cup****1% White Milk****School Board Meeting** | **13****W/G French Toast****Fresh Banana****1% White Milk** | **14****W/G Breakfast Cookie****Yogurt****Diced Pears****1% White Milk** **Happy Valentine’s Day** |
| **18****Presidents Day****No School** | **19****W/G Apple Muffins****Diced Pears****1% White Milk** | **20****Scrambled Eggs & Ham w/ Cheese****Fresh Red Grapes****1% White Milk** | **21****W/G Pancakes****Yogurt****Fruit Cocktail****1% White Milk** |
| **25****Oatmeal****W/G Bagel****Fresh Raisins****1% White Milk** | **26****Scrambled Eggs****Sausage Patty****Diced Pears****1% White Milk** | **27****Peach Fruit Smoothie****W/G Breakfast Bar****1% White Milk** | **28****W/G Raisin Bread****Hard Boiled Egg****Fruit Cocktail****1% White Milk**  |
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**This institution is an equal opportunity provider.**

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

**Milk: Low Fat 1% White**