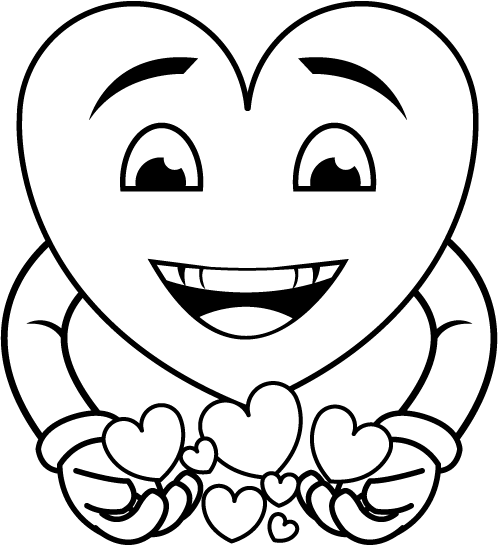
**LUNCH**  **Cedar Hills**



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**February 2018**

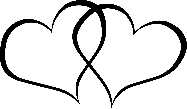
**Reduced Price .40 (Child)**  **Full Price $2.92 (Child)**  **Adult Price $2.92**

|  |  |  |  |
| --- | --- | --- | --- |
| **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.** |
| **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** |
|  |  |  |  |

**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**

|  |  |  |  |
| --- | --- | --- | --- |
| 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** |
|  |  |  |  |

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

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

**Milk: Low Fat 1% White**