



# Cedar Hill Lunch Menu

December 2018

**3**  
Mini Pancakes\* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice\*  
Hash Brown  
Raisins

**4**  
Penne Alfredo with Chicken (GD) OR Charro Black Beans over WG Rice\*  
Roasted Carrots  
Fresh Grapes

**5**  
Chicken Nuggets (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice\*  
Sweet Potato Tots  
Fresh Banana

**6**  
Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G) OR BBQ Black Beans over WG Rice\*  
Fresh Tomato Wedges  
Fresh Orange

**7**  
Pizza Sticks\* (GD) with Marinara Sauce OR Charro Beans over WG Rice\*  
Fresh Cucumber Slices  
Mandarin Oranges

**10**  
Mini Berry French Toast\* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice\*  
Tater Tots  
Apple Sauce

**11**  
Sweet and Sour Chicken (G) over Whole Grain Rice OR Charro Black Beans over WG Rice\*  
Fresh Red Pepper Strips  
Fresh Pear

**12** Ace Giveaway Day  
Cheese\* or Chicken Quesadilla (GD) OR Kickin' Pinto Beans over WG Rice\*  
French Fries  
Diced Peaches

**13**  
Cheesy Baked Penne\* (GD) OR BBQ Black Beans over WG Rice\*  
Fresh Broccoli  
Pineapple Tidbits

**14**  
Mozzarella Sticks\* (GD) with Marinara Sauce OR Charro Beans over WG Rice\*  
Steamed Corn  
Apricot Halves

**17**  
Egg Fried Rice (GE) OR Campfire Beans over WG Rice\*  
Fresh Baby Carrots  
Apricot Halves

**18**  
Chicken Parm (GD) over Spaghetti (G) OR Charro Black Beans over WG Rice\*  
Red Pepper Strips  
Diced Pears

**19**  
Chicken Tenders (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice\*  
Fresh Zucchini Slices  
Fresh Apple

**20**  
Bacon Egg and Cheese Biscuit (GED) OR BBQ Black Beans over WG Rice\*  
French Fries  
Applesauce

**21**  
**½ Day No Lunches Served**

**24**  
**Schools Closed**  
**Winter Recess**

**25**  
**Schools Closed**  
**Winter Recess**

**26**  
**Schools Closed**  
**Winter Recess**

**27**  
**Schools Closed**  
**Winter Recess**

**28**  
**Schools Closed**  
**Winter Recess**

**31**  
**Schools Closed**  
**Winter Recess**

Allergen Key  
G – Gluten  
E – Egg  
D – Dairy  
**\*Vegetarian Options\***

**More info...Meatless Mondays!**  
Lunch Price \$2.60  
Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

**Daily Options... Hummus available Daily**  
Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.  
**For lunch related information Visit:**  
<http://bernards.schooldish.com>