



Cedar Hill Lunch Menu

January 2019

1

Schools Closed

Winter Recess

Happy New Year

2

Hebrew National All Beef Hot Dog on a Bun (G) OR Kickin' Pinto Beans over WG Rice*

French Fries

Fresh Apple

3

Mini Waffles* (GED) with Chicken Sausage OR BBQ Black Beans over WG Rice*

Tater Tots

Applesauce

4

Rotini Pasta (G) with Meat Sauce or Marinara* Sauce with WG Dinner Roll (G) OR Charro Beans over WG Rice*

Steamed Corn

Fruit Cup

7

Mini Pancakes* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice*

Hash Brown

Raisins

8

Penne Alfredo with Chicken (GD) OR Charro Black Beans over WG Rice*

Roasted Carrots

Fresh Grapes

9

Chicken Nuggets (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice*

Sweet Potato Tots

Fresh Banana

10

Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G) OR BBQ Black Beans over WG Rice*

Fresh Tomato Wedges

Fresh Orange

11

Pizza Sticks* (GD) with Marinara Sauce OR Charro Beans over WG Rice*

Fresh Cucumber Slices

Mandarin Oranges

14

Mini Berry French Toast* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice*

Tater Tots

Apple Sauce

15 **Ace Giveaway Day**

Sweet and Sour Chicken (G) over Whole Grain Rice OR Charro Black Beans over WG Rice*

Fresh Red Pepper Strips

Fresh Pear

16

Cheese* or Chicken Nachos (GD) OR Kickin' Pinto Beans over WG Rice*

French Fries

Diced Peaches

17

Cheesy Baked Penne* (GD) OR BBQ Black Beans over WG Rice*

Fresh Broccoli

Pineapple Tidbits

18

Mozzarella Sticks* (GD) with Marinara Sauce OR Charro Beans over WG Rice*

Steamed Corn

Apricot Halves

21

½ Day

Snow Make-Up Day

No Lunches Served

22

Chicken Parm (GD) over Spaghetti (G) OR Charro Black Beans over WG Rice*

Red Pepper Strips

Diced Pears

23

Chicken Tenders (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice*

Fresh Zucchini Slices

Fresh Apple

24

Bacon Egg and Cheese Biscuit (GED) OR BBQ Black Beans over WG Rice*

French Fries

Applesauce

25

Grilled Cheese* with or without Bacon (GD) OR Charro Beans over WG Rice*

Fresh Cucumber Slices

Fruit Cup

28

French Toast Sticks* with Scrambled Eggs (GED) OR Campfire Beans over WG Rice*

Hash Brown

Fresh Orange

29

Cheese Ravioli* (GED) with Marinara Sauce OR Charro Black Beans over WG Rice*

Mixed Roasted Vegetables

Fresh Apple

30

½ Day

Teacher In-Service Day

No Lunches Served

31

Meatball Parm Sub (GED) OR BBQ Black Beans over WG Rice*

Roasted Carrots

Pineapple Tidbits

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>