



# December Breakfast Menu

CEDAR TREE | KINDERGARTEN

**What do the colors on the menu mean?**

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

**Student's choice of skim or 1% milk provided at every meal.**

This institution is an equal opportunity provider.



**LAUNCH YOUR DAY WITH BREAKFAST!**

Wake up and fuel up to help your day take off!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>strawberry yogurt</li> <li>whole grain blueberry pomegranate oatmeal bar</li> <li>fresh apple slices</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>whole grain golden grahams cereal</li> <li>whole wheat graham crackers</li> <li>fresh pear</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>whole grain banana muffin</li> <li>fresh orange wedges</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>low fat cream cheese</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>multi-grain cinnamon flakes cereal</li> <li>low fat cheese stick</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain strawberry oatmeal bar</li> <li>fresh apple slices</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>whole grain cheerios cereal</li> <li>whole wheat graham crackers</li> <li>fresh pear</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>fresh orange wedges</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>whole wheat english muffin</li> <li>grape jelly</li> <li>low fat cheese stick</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>whole grain frosted mini wheat cereal</li> <li>whole wheat graham crackers</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>raspberry yogurt</li> <li>whole grain apple oatmeal bar</li> <li>fresh apple slices</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>multi-grain cinnamon flakes cereal</li> <li>whole wheat graham crackers</li> <li>fresh pear</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>low fat cream cheese</li> <li>fresh orange wedges</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>warm whole grain pumpkin spice bread</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole grain golden grahams cereal</li> <li>low fat cheese stick</li> <li>fresh cantaloupe wedge</li> </ul>
<p><b>23</b></p> <p>winter break</p> <p>no school</p>	<p><b>24</b></p> <p>winter break</p> <p>no school</p>	<p><b>25</b></p> <p>christmas day</p> <p>no school</p>	<p><b>26</b></p> <p>winter break</p> <p>no school</p>	<p><b>27</b></p> <p>winter break</p> <p>no school</p>
<p><b>30</b></p> <p>winter break</p> <p>no school</p>	<p><b>31</b></p> <p>winter break</p> <p>no school</p>			



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The holidays are a great time to learn about the traditions and values of other people! Many people celebrate holidays with special food. What is your favorite holiday food? Ask your classmates to learn what their family food traditions are!

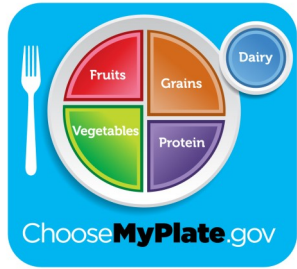
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>baby carrots with house ranch dressing</li> <li>steamed corn</li> <li>fresh pear</li> </ul>	<p><b>3 taco tuesday</b></p> <ul style="list-style-type: none"> <li>beef soft tacos with cheese in a whole wheat tortilla</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh orange wedges</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>curried chicken drum</li> <li>brown rice</li> <li>southern cabbage</li> <li>buttered green peas</li> <li>fresh banana</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>mixed greens salad with cucumber coins &amp; italian dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>crispy chicken tender with bbq sauce</li> <li>whole grain cornbread muffin</li> <li>honey cinnamon sweet potatoes</li> <li>mashed cauliflower</li> <li>fresh apple slices</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla in a whole wheat tortilla</li> <li>chili black beans</li> <li>tomato salsa</li> <li>low fat sour cream</li> <li>fresh pear</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>beef bolognese over whole wheat spaghetti</li> <li>side caesar salad with parmesan cream dressing</li> <li>parmesan butternut squash</li> <li>fresh orange wedges</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>cajun pollock</li> <li>brown rice</li> <li>savory sautéed kale</li> <li>steamed corn</li> <li>fresh banana</li> </ul>	<p><b>12 holiday meal</b></p> <ul style="list-style-type: none"> <li>oven roasted turkey with gravy</li> <li>whole grain cornbread muffin</li> <li>sautéed green beans</li> <li>mashed potatoes</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>whole wheat roll</li> <li>baby carrots &amp; celery sticks with house ranch dressing</li> <li>fresh apple slices</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>whole grain italian turkey sausage &amp; cheese pizza</li> <li>kale salad with red peppers</li> <li>fresh pear</li> </ul>	<p><b>17 taco tuesday</b></p> <ul style="list-style-type: none"> <li>turkey taco in a crunchy taco shell</li> <li>spanish rice</li> <li>diced tomatoes</li> <li>shredded romaine lettuce</li> <li>southwest taco corn</li> <li>fresh orange wedges</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>oven fried chicken drum</li> <li>whole grain waffles with all natural syrup</li> <li>hash brown potatoes with ketchup</li> <li>braised collard greens</li> <li>fresh banana</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>cheeseburger on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>bbq baked beans</li> <li>buttered green peas</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>chicken alfredo over whole wheat pasta</li> <li>sautéed green beans</li> <li>glazed carrots</li> <li>fresh apple slices</li> </ul>
<p><b>23</b></p> <p>winter break</p> <p>no school</p>	<p><b>24</b></p> <p>winter break</p> <p>no school</p>	<p><b>25</b></p> <p>christmas day</p> <p>no school</p>	<p><b>26</b></p> <p>winter break</p> <p>no school</p>	<p><b>27</b></p> <p>winter break</p> <p>no school</p>
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# December Snack Menu

CEDAR TREE

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## Healthy Snacks for Active Students!

Healthy snacks are an important part of your diet. To create a healthy snack, include at least two of the five food groups on MyPlate: grain, protein, fruit, vegetables, and dairy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>whole grain oat &amp; honey goldfish grahams</li> <li>chilled pineapple</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>low fat cheese stick</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain cinnamon elf grahams</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>cheddar cheese cubes</li> <li>dried cranberries</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>chilled pineapple</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain animal crackers</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain graham crackers</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>whole wheat zesty ranch crackers</li> <li>fresh orange wedges</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>whole grain sweet potato muffin</li> <li>low fat cheese stick</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>whole grain oat &amp; honey goldfish grahams</li> <li>chilled pineapple</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>low fat cheese stick</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain cinnamon elf grahams</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>cheddar cheese cubes</li> <li>dried cranberries</li> </ul>
<b>23</b> winter break no school	<b>24</b> winter break no school	<b>25</b> christmas day no school	<b>26</b> winter break no school	<b>27</b> winter break no school
<b>30</b> winter break no school	<b>31</b> winter break no school			



# December Vegetarian Lunch Menu

CEDAR TREE | PRE-K

### What do the colors on the menu mean?

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### HAPPY HOLIDAYS!

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<p><b>2</b></p> <ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread</li> <li>steamed corn</li> <li>chilled pears</li> </ul>	<p><b>3 taco tuesday</b></p> <ul style="list-style-type: none"> <li>sofritas tofu tacos in a whole wheat tortilla</li> <li>tomato salsa</li> <li>fresh orange wedges</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>curried chickpeas</li> <li>brown rice</li> <li>buttered green peas</li> <li>fresh banana</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas</li> <li>cucumber coins &amp; italian dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>veggie chik'n nuggets with bbq sauce</li> <li>whole grain cornbread muffin</li> <li>honey cinnamon sweet potatoes</li> <li>fresh apple slices</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>cheese quesadilla in a whole wheat tortilla</li> <li>tomato salsa</li> <li>low fat sour cream</li> <li>chilled pears</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>tofu bolognese over whole wheat spaghetti</li> <li>parmesan butternut squash</li> <li>fresh orange wedges</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>red beans</li> <li>brown rice</li> <li>steamed corn</li> <li>fresh banana</li> </ul>	<p><b>12 holiday meal</b></p> <ul style="list-style-type: none"> <li>veg out chili</li> <li>whole grain cornbread muffin</li> <li>mashed potatoes</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>veggie chik'n nuggets</li> <li>whole wheat roll</li> <li>carrot coins with house ranch dressing</li> <li>fresh apple slices</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza</li> <li>kale salad</li> <li>chilled pears</li> </ul>	<p><b>17 taco tuesday</b></p> <ul style="list-style-type: none"> <li>black bean tacos in a crunchy taco shell</li> <li>spanish rice</li> <li>southwest taco corn</li> <li>fresh orange wedges</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>veggie chik'n nuggets</li> <li>whole grain waffles with all natural syrup</li> <li>hash brown potatoes with ketchup</li> <li>fresh banana</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>buttered green peas</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>sautéed green beans</li> <li>fresh apple slices</li> </ul>
<p><b>23</b></p> <p>winter break</p> <p>no school</p>	<p><b>24</b></p> <p>winter break</p> <p>no school</p>	<p><b>25</b></p> <p>christmas day</p> <p>no school</p>	<p><b>26</b></p> <p>winter break</p> <p>no school</p>	<p><b>27</b></p> <p>winter break</p> <p>no school</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• turkey &amp; cheddar on a whole wheat bun</li> <li>• light mayonnaise &amp; mustard</li> <li>• <b>steamed corn</b></li> <li>• chilled pears</li> </ul>	<p><b>3 taco tuesday</b></p> <ul style="list-style-type: none"> <li>• <b>beef soft tacos</b> with cheese in a whole wheat tortilla</li> <li>• <b>tomato salsa</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• diced curried chicken</li> <li>• brown rice</li> <li>• buttered green peas</li> <li>• fresh banana</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• whole wheat mac &amp; cheese</li> <li>• cucumber coins &amp; italian dressing</li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• diced crispy chicken tender with bbq sauce</li> <li>• whole grain cornbread muffin</li> <li>• <b>honey cinnamon sweet potatoes</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• <b>chicken &amp; cheese quesadilla in a whole wheat tortilla</b></li> <li>• <b>tomato salsa</b></li> <li>• low fat sour cream</li> <li>• chilled pears</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>beef bolognese</b> over whole wheat spaghetti</li> <li>• <b>parmesan butternut squash</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• cajun pollock</li> <li>• brown rice</li> <li>• <b>steamed corn</b></li> <li>• fresh banana</li> </ul>	<p><b>12 holiday meal</b></p> <ul style="list-style-type: none"> <li>• oven roasted turkey with gravy</li> <li>• whole grain cornbread muffin</li> <li>• <b>mashed potatoes</b></li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• diced herb roasted chicken</li> <li>• whole wheat roll</li> <li>• carrot coins with house ranch dressing</li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• whole grain italian turkey sausage &amp; cheese pizza</li> <li>• <b>kale salad</b></li> <li>• chilled pears</li> </ul>	<p><b>17 taco tuesday</b></p> <ul style="list-style-type: none"> <li>• <b>turkey taco in a crunchy taco shell</b></li> <li>• <b>spanish rice</b></li> <li>• <b>southwest taco corn</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• diced crispy chicken tender</li> <li>• whole grain waffles with all natural syrup</li> <li>• <b>hash brown potatoes</b> with ketchup</li> <li>• fresh banana</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• <b>cheeseburger</b> on a whole wheat bun</li> <li>• ketchup &amp; mustard</li> <li>• <b>buttered green peas</b></li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• chicken alfredo over whole wheat pasta</li> <li>• <b>sautéed green beans</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>23</b></p> <p>winter break</p> <p>no school</p>	<p><b>24</b></p> <p>winter break</p> <p>no school</p>	<p><b>25</b></p> <p>christmas day</p> <p>no school</p>	<p><b>26</b></p> <p>winter break</p> <p>no school</p>	<p><b>27</b></p> <p>winter break</p> <p>no school</p>
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Wake up and fuel up to help your day take off!

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<p><b>9</b></p> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>fresh apple slices</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>whole grain cheerios cereal</li> <li>chilled pears</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>fresh orange wedges</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>whole wheat english muffin</li> <li>grape jelly</li> <li>fresh banana</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>whole grain frosted mini wheat cereal</li> <li>fresh diced cantaloupe</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>raspberry yogurt</li> <li>fresh apple slices</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>multi-grain cinnamon flakes cereal</li> <li>chilled pears</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>low fat cream cheese</li> <li>fresh orange wedges</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>warm whole grain pumpkin spice bread</li> <li>fresh banana</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole grain rice krispies cereal</li> <li>fresh diced cantaloupe</li> </ul>
<p><b>23</b></p> <p>winter break</p> <p>no school</p>	<p><b>24</b></p> <p>winter break</p> <p>no school</p>	<p><b>25</b></p> <p>christmas day</p> <p>no school</p>	<p><b>26</b></p> <p>winter break</p> <p>no school</p>	<p><b>27</b></p> <p>winter break</p> <p>no school</p>
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