



# SEPTEMBER CEDAR TREE

## Lunch Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Garlic Ginger Chicken Seasoned Rice  Green Beans Roasted Red Peppers  Cantaloupe 1% & Fat-Free Milk	4 Turkey Chili Herb Tortilla Strips  Pinto Beans Sautéed Corn  Peaches 1% & Fat-Free Milk	5 Cajun Chicken Salad Sandwich w/ Ciabatta Bread  Roasted Carrots Celery Sticks  Peaches 1% & Fat-Free Milk	6 Three Cheese Mac & Cheese Mozzarella, Parmesan, Cheddar  Sautéed Spinach Sautéed Mushrooms  Apples 1% & Fat-Free Milk
9 Rasta Pasta  Green Peas Roasted Tomato  Peaches 1% & Fat-Free Milk	10 Jerk Chicken White Rice  Black Beans Mango Salsa  Green Grapes 1% & fat-free milk	11 Primavera Pasta Salad Roasted Chickpeas  Roasted Zucchini Roasted Red Peppers  Apples 1% & Fat-Free Milk	12 Chicken Stir-Fry Seasoned Rice  Roasted Carrots Sautéed Snap Peas  Cantaloupe 1% & Fat-Free Milk	13 BBQ Meat Loaf Dinner Roll  Roasted Asparagus Smashed Potatoes  Apples 1% & Fat-Free Milk
16 Taco Style Chicken Salad Ciabatta Bread  Street Corn Sautéed Cabbage  Watermelon 1% & Fat-Free Milk	17 Picadillo Seasoned Rice  Yellow Plantains Black Beans  Pineapple 1% & Fat-Free Milk	18 Antipasto Farro Salad Mozzarella Balls w/ Basil & Parsley  Grape Tomatoes & Red Onions Spring Mix & Avocado  Plums 1% & Fat-Free Milk	19 Turkey Sloppy Joe Brioche Bun  Sweet Potato Wedges Green Peas  Honeydew 1% & Fat-Free Milk	20 Herb Chicken Breast Lemon Herb Couscous  Green Beans Roasted Beets  Apples 1% & Fat-Free Milk
23 Mojo Chicken White Rice  Yuca Al Escabeche Brussels Sprouts Slaw  Kiwis 1% & Fat-Free Milk	24 Beef Stroganoff Egg Noodles  Roasted Carrots Watermelon Arugula Salad  Peaches 1% & Fat-Free Milk	25 Chicken Salad Sandwich Ciabatta Bread  Roasted Carrots Roasted Broccoli  Apples 1% & Fat-Free Milk	26 Alambre de Pollo Corn Tortillas  Onion & Peppers Cotija Cheese & Salsa Verde  Pineapple w/ Tajín & Lime 1% & Fat-Free Milk	27 Shawarma Chickpeas Pita Bread  Cucumber, Feta, Tomato Salad Homemade Tzatziki & Lettuce  Watermelon 1% & Fat-Free Milk
30 Vegetable Biryani w/ Lentils Seasoned Rice  Roasted Carrots Raita & Kachumber Salad  Mango 1% & Fat-Free Milk				

