



OCTOBER CEDAR TREE

Lunch Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Vegetable & Lentil Stew WG Seasoned Rice Carrots Kachumber Salad Cucumber & Buttermilk Sauce Peaches 1% & Fat-Free Milk	1 Grilled Chicken Sub Sandwich WG Baguette Pickled Cucumbers Roasted Broccoli Oranges 1% & Fat-Free Milk	2 WG Spinach Pasta Salad w/ Chickpeas Sugar Snap Peas Roasted Red Peppers Bananas 1% & Fat-Free Milk	3 Mambo Chicken Quinoa Sautéed Kale Sweet Potatoes Oranges & Mandarins 1% & Fat-Free Milk	4 Chicken Taco Bowl Brown Rice Black Beans Fresh Salsa Tortilla Chips Plums 1% & Fat-Free Milk
7 WG Baked Ziti Ricotta & Mozzarella Garlic Green Beans WG Dinner Roll Peaches 1% & Fat-Free Milk	8 Sweet Chicken w/ Pineapple Brown Rice Cabbage Slaw Cucumber Salad Oranges 1% & Fat-Free Milk	9 3 Bean Salad Red, Black & Pink Beans WG Pita Chips Tomatoes w/ Basil Spinach Bananas 1% & Fat-Free Milk	10 Bulgogi Beef w/ WG Noodles Green Peas Oranges & Mandarins 1% & Fat-Free Milk	11 Curry Chicken w/ Naan Jasmine Rice Roasted Broccoli Red Kidney Beans Plums 1% & Fat-Free Milk
14 School Closed	15 Beef & Broccoli WG Rice Water Chestnuts Sautéed Broccoli Oranges 1% & Fat-Free Milk	16 Kale Salad w/ Citrus Dressing Crispy Chickpeas WG Roll Tossed Kale Grape Tomatoes Bananas 1% & Fat-Free Milk	17 Chicken Fajitas WG Tortillas Onions & Peppers Refried Beans Cheese & Sour Cream Oranges & Mandarins 1% & Fat-Free Milk	18 Homestyle Meatloaf WG Dinner Roll Asparagus Mashed Potatoes Plums 1% & Fat-Free Milk
21 Garbanzo Beans w/ WG Rice Pilaf Corn Tomato Salsa Peaches 1% & Fat-Free Milk	22 Beef Bolognese WG Spaghetti Green Peas Roasted Mushrooms Oranges 1% & Fat-Free Milk	23 Chicken Salad WG Dinner Rolls Mesclun Mix Assorted Peppers White Bean w/ Dressing Bananas 1% & Fat-Free Milk	24 Beef Stroganoff WG Noodles Roasted Carrots Spring Mix Oranges 1% & Fat-Free Milk	25 Turkey Sloppy Jane WG Ciabatta Bread Roasted Potatoes Baby Carrots Plums 1% & Fat-Free Milk
28 WG Three Cheese Mac & Cheese Mozzarella, Parmesan, Cheddar Sautéed Spinach Apples 1% & Fat-Free Milk	29 Chicken Schwarma WG Pita Bread Cucumber, Tomato Salad Homemade Tzatziki & Spring Mix Plums 1% & Fat-Free Milk	30 WG Pasta Primavera Roasted Chickpeas Roasted Squash Roasted Red Peppers Apples 1% & Fat-Free Milk	31 Beef Picadillo WG Rice Yellow Plantains Black Beans Pineapple 1% & Fat-Free Milk	1



OCTOBER CEDAR TREE

Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 WG Red Rabbit O's Bananas 1% & Fat-Free Milk	1 WW Mini Bagel w/ Cream Cheese Grapes 1% & Fat-Free Milk	2 WW Baked Oatmeal Bar Pears 1% & Fat-Free Milk	3 WW Zucchini Bread Apples 1% & Fat-Free Milk	4 Yogurt w/ WG Granola & Fruit Compote Grapes 1% & Fat-Free Milk
7 WW Red Rabbit O's Bananas 1% & Fat-Free Milk	8 Vanilla Yogurt & WG Granola Grapes 1% & fat-free milk	9 Blueberry WW Mini Bagel & Strawberry Cream Cheese Pears 1% & Fat-Free Milk	10 WG Cranberry Bread Apples 1% & Fat-Free Milk	11 WG Blueberry Oat Bars Grapes 1% & Fat-Free Milk
14 School Closed	15 WG French Toast Casserole Grapes 1% & Fat-Free Milk	16 WG Red Rabbit O's Pears 1% & Fat-Free Milk	17 WG Cinnamon Brown Sugar Oats Apples 1% & Fat-Free Milk	18 WG Pumpkin Muffin Grapes 1% & Fat-Free Milk
21 WG Cinnamon Muffin Bananas 1% & Fat-Free Milk	22 WG Red Rabbit O's Grapes 1% & Fat-Free Milk	23 Yogurt & WG Granola Pears 1% & Fat-Free Milk	24 WW Mini Bagel w/ Butter & Jelly Apples 1% & Fat-Free Milk	25 WG Breakfast Pudding Grapes 1% & Fat-Free Milk
28 Cinnamon Raisin WW Mini Bagel w/ Cream Cheese Bananas 1% & Fat-Free Milk	29 Yogurt & WG Granola Grapes 1% & fat-free milk	30 WW Mini Bagel w/ Cream Cheese & Jelly Pears 1% & Fat-Free Milk	31 WG Blueberry Baked Oats Apples 1% & Fat-Free Milk	1 WG Pumpkin Bread Grapes 1% & Fat-Free Milk