



JANUARY

CEDAR TREE

Breakfast Menu

Menu is subject to change
 *Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 School Closed	2 Toasted Oats Apples 1% & Fat-Free Milk	3 Honey Cinnamon Yogurt w/ WG Granola Bananas 1% & Fat-Free Milk
6 WG Chex Cereal Bananas 1% & Fat-Free Milk	7 WW Mini Bagel w/ Cream Cheese & Jelly Honeydew 1% & Fat-Free Milk	8 Cheesy Grits w/ Home-fries Apples 1% & Fat-Free Milk	9 Cinnamon Raisin Oatmeal Bananas 1% & Fat-Free Milk	10 Baked Bran Bread w/ Local Eggs* w/ Warm Peaches Grapefruit 1% & Fat-Free Milk
13 Cinnamon Honey Yogurt w/ WG Granola Parfait Strawberries 1% & Fat-Free Milk	14 Brown Sugar & Peaches Oatmeal Bananas 1% & Fat-Free Milk	15 Granola Cereal w/ Golden Raisins Apples 1% & Fat-Free Milk	16 WW Mini Bagel w/ Cream Cheese Cantaloupe 1% & Fat-Free Milk	17 WG English Muffin w/ Butter & Jelly Oranges 1% & Fat-Free Milk
20 School Closed	21 WG Blueberry Oatmeal Strawberries 1% & Fat-Free Milk	22 WG Maple Cream of Wheat Bananas 1% & Fat-Free Milk	23 Cinnamon Breakfast Bread* w/ Syrup Strawberries 1% & Fat-Free Milk	24 Scrambled Eggs* w/ Cheddar Cheese WG Biscuits Mixed Melons 1% & Fat-Free Milk
27 Baked Apple Parfait WG Granola & Honey Yogurt Bananas 1% & Fat-Free Milk	28 WW Mini Bagel w/ Cinnamon Apple Cream Cheese Apples 1% & Fat-Free Milk	29 Mixed Berry Yogurt & WG Granola Parfait Bananas 1% & Fat-Free Milk	30 WG Biscuit w/ Jelly Turkey Sausage Cinnamon Apple Sauce 1% & Fat-Free Milk	31 Caramelized Banana Oatmeal Strawberries 1% & Fat-Free Milk



JANUARY CEDAR TREE

Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 School Closed	2 Macaroni & Cheddar Cheese Vegan Macaroni (V) Green Beans & Roasted Peppers* Roasted Sweet Potatoes Oranges 1% & Fat-Free Milk	3 Beef Tacos Tofu Tacos (V) WG Tortillas Seasoned Street Corn Diced Tomatoes* & Lettuce Pineapple 1% & Fat-Free Milk
6 Fetuccini Alfredo w/ Mozzarella Baked Pasta w/Vegan Cheese (V) Spinach* Salad Roasted Cauliflower w/ Roasted Tomatoes Pears 1% & Fat-Free Milk	7 Honey Mustard Chicken* Honey Mustard Tofu (V) WG Seasoned Red Rice Roasted Broccoli Roasted Carrots Oranges 1% & Fat-Free Milk	8 Homestyle Meatloaf Vegetarian Tofu Tacos (V) WG Dinner Roll Redskin Mashed Potatoes Sautéed Cabbage* Cantaloupe 1% & Fat-Free Milk	9 Turkey Chili* Three Bean Chili (V) WG Jalapeno Cornbread Dark Red Kidney Beans Garden Salad Strawberries 1% & Fat-Free Milk	10 Spicy Garlic Edamame Lo Mein (WG) Crispy Tofu Lo Mein (V) Ginger Carrots Steamed Broccoli Pears 1% & Fat-Free Milk
13 BBQ Chicken* BBQ Tofu (V) WG Seasoned Yellow Rice Sautéed Collard Greens Roasted Cherry Tomatoes Oranges 1% & Fat-Free Milk	14 Beef Marinara WG Spaghetti Baked Pasta w/ Vegan Cheese (V) Garden Salad* w/ Shallot Vinaigrette Garlic Green Beans Grapefruit 1% & Fat-Free Milk	15 Curry Chicken* Curry Chickpeas (V) WG Peas & Rice Stewed Kindey Beans Sautéed Cabbage Pears 1% & Fat-Free Milk	16 Pasta Primavera Mozzarella Cheese Vegan Pasta (V) Roasted Broccoli Diced Red Peppers* Pineapple 1% & Fat-Free Milk	17 Chicken* & Egg Fried Rice Tofu Fried Rice (V) Ginger Carrots Sautéed Green Peas Chopped Green Onion* Bananas 1% & Fat-Free Milk
20 School Closed	21 WG Pasta w/ Marinara Mozzarella Cheese Baked Pasta w/Vegan Cheese (V) Steamed Carrots Garden Salad* Honeydew 1% & Fat-Free Milk	22 Roast Chicken* Peruvian Tofu (V) Cilantro Lime Brown Rice Garlic Green Beans Cabbage w/ Peppers & Onions Bananas 1% & Fat-Free Milk	23 Crispy Beef & Cheese Quesadilla Vegetables & Cheese Quesadilla (V) WW Tortilla Roasted Broccoli Roasted Tomatoes* Oranges 1% & Fat-Free Milk	24 Chicken* Tacos Seasoned Tofu (V) WG Tortillas Pinto Beans Steamed Corn Mango Pico de Gallo* Pineapple 1% & Fat-Free Milk
27 Turkey Chopped Cheese* Black Bean Burgers (V) WG Bun Roasted Potatoes Pickled Cucumbers* Cantaloupe 1% & Fat-Free Milk	28 Chicken Gumbo* Chickpea Gumbo (V) WG Brown Rice & Red Beans Kale Salad Diced Tomatoes* Roasted Okra Bananas 1% & Fat-Free Milk	29 Roasted Turkey* Breast Tofu Turkey (V) WG Dinner Roll Roasted Potato Wedges Sautéed Green Beans w/ Onions & Peppers Pineapple 1% & Fat-Free Milk	30 Buffalo Chicken* Sandwich BBQ Tofu (V) WG Cibatta Baked Beans Coleslaw Pears 1% & Fat-Free Milk	31 Bulgolgi Beef Bowl Spinach* Macaroni (V) WG Brown Rice Pickled Carrots Roasted Broccoli Bananas 1% & Fat-Free Milk



JANUARY CEDAR TREE

Snack Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 School Closed	2 Apple Sauce WG Goldfish	3 Cheddar Cheese Slices Mandarin Oranges
6 Pita Bread Wow Butter	7 Cucumber Slices w/ Ranch 1% & Fat-Free Milk	8 Tortilla Chips & Salsa	9 Strawberries Yogurt Granola	10 Apple Sauce Granola
13 Sliced Mozzarella Cheese Goldfish	14 Guacamole Pita Chips	15 Churro Chips 1% & Fat-Free Milk	16 Apple Butter Toast 1% & Fat-Free Milk	17 Strawberries Yogurt
20 School Closed	21 Egg Salad Pita Chips	22 Tortilla Chips & Salsa	23 Mozzarella Cheese Sticks w/ Marinara Sauce 1% & Fat-Free Milk	24 Apple Sauce Granola
27 Pita Bread Wow Butter	28 Cucumber Slices w/ Ranch 1% & Fat-Free Milk	29 Tortilla Chips & Salsa	30 Strawberries Yogurt Granola	31 Apple Sauce Granola