



# MARCH CEDAR TREE

# Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> WG Cream of Wheat Strawberry Compote  Apples & Honeydew 1% & Fat-Free Milk	<b>4</b> Raisin Bran Cereal  Bananas & Oranges 1% & Fat-Free Milk	<b>5</b> Oven Baked French Toast  Pears & Apples 1% & Fat-Free Milk	<b>6</b> Peach Oatmeal  Strawberries & Bananas 1% & Fat-Free Milk	<b>7</b> Blueberry Muffin  Apple & Pears 1% & Fat-Free Milk
<b>10</b> WG Chex Cereal  Bananas & Oranges 1% & Fat-Free Milk	<b>11</b> WW Mini Bagel w/ Cream Cheese & Jelly  Honeydew & Pears 1% & Fat-Free Milk	<b>12</b> Baked Bran Bread w/ local eggs* w/ Warm Peaches  Apples & Pineapple 1% & Fat-Free Milk	<b>13</b> Cinnamon Raisin Oatmeal  Bananas & Peaches 1% & Fat-Free Milk	<b>14</b> Cheesy Grits w/ Home fries  Pink Grapefruit & Honeydew 1% & Fat-Free Milk
<b>17</b> Raisin Bran Cereal  Clementines & Pears 1% & Fat-Free Milk	<b>18</b> Blueberry Oatmeal  Bananas & Apples 1% & Fat-Free Milk	<b>19</b> WG Banana Bread  Apples & Honeydew 1% & Fat-Free Milk	<b>20</b> WW Mini Bagel w/ Cream Cheese  Cantaloupe & Pears 1% & Fat-Free Milk	<b>21</b> Toasty O's w/ Golden Raisins  Oranges & Apples 1% & Fat-Free Milk
<b>24</b> Peach Yogurt & Granola  Pears & Apples 1% & Fat-Free Milk	<b>25</b> WG Blueberry Oatmeal  Strawberries & Oranges 1% & Fat-Free Milk	<b>26</b> WG Cream of Wheat  Banans & Pears 1% & Fat-Free Milk	<b>27</b> Cinnamon Breakfast Bread w/ Syrup  Apples & Honeydew 1% & Fat-Free Milk	<b>28</b> WG Cheesy Biscuits Cheddar Cheese & Fruit Jam  Mixed Melons & Bananas 1% & Fat-Free Milk
<b>31</b> Baked Apple WG Granola & Honey Yogurt  Bananas & Oranges 1% & Fat-Free Milk				



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# Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> Doro Wat Baked Chicken* Stewed Lentils (V) WG Seasoned Rice</p> <p>Collard Greens Stewed Kidney Beans Tomato &amp; Jalapeno Garnish</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>4</b> Macaroni &amp; Cheese Vegan Macaroni (V)</p> <p>Sauteed Cabbage* w/ Red Peppers Glazed Carrots</p> <p>Grapefruit 1% &amp; Fat-Free Milk</p>	<p><b>5</b> Honey Lemon Pepper Chicken* Honey Lemon Pepper Tofu (V) WG Seasoned Yellow Rice</p> <p>Roasted Broccoli Roasted Yams</p> <p>Honeydew 1% &amp; Fat-Free Milk</p>	<p><b>6</b> Picadillo Beef Black Bean Picadillo (V) WG Seasoned Red Rice</p> <p>Roasted Potatoes Sauteed Green Peas w/ Red Peppers*</p> <p>Apples 1% &amp; Fat-Free Milk</p>	<p><b>7</b> Chipotle Chicken Bowl* Chipotle Tofu Tacos (V) WG Tortilla</p> <p>Santa Fe Black Beans Seasoned Street Corn</p> <p>Pineapple 1% &amp; Fat-Free Milk</p>
<p><b>10</b> WG Spaghetti w/ Marinara Sauce w/ Mozzarella WG Spaghetti w/ Vegan Cheese</p> <p>Spinach Salad* Roasted Cauliflower w/ Roasted Garlic</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>11</b> Brown Stew Chicken* WG Jollof Rice Brown Stew Tofu (V)</p> <p>Steamed Collard Greens* Roasted Carrots</p> <p>Watermelon 1% &amp; Fat-Free Milk</p>	<p><b>12</b> Spicy Garlic Edamame &amp; Tofu WG Lo Mein (VG) Crispy Tofu Lo Mein (V)</p> <p>Ginger Carrots Steamed Broccoli w/ Red Peppers*</p> <p>Pears 1% &amp; Fat-Free Milk</p>	<p><b>13</b> Turkey Chili* Three Bean Chili (V) WG Jalapeno Cornbread</p> <p>Sauteed Corn Garden Salad</p> <p>Strawberries 1% &amp; Fat-Free Milk</p>	<p><b>14</b> Jerk Chicken* Jerk Tofu (V) Seasoned Rice</p> <p>Kidney Beans Sauteed Cabbage*</p> <p>Cantaloupe 1% &amp; Fat-Free Milk</p>
<p><b>17</b> Curry Chicken* Curry Chickpeas (V) Seasoned Rice &amp; Peas</p> <p>Sauteed Cabbage* Sweet Plantain</p> <p>Strawberries 1% &amp; Fat-Free Milk</p>	<p><b>18</b> Beef Marinara WG Rotini Baked Pasta w/ Vegan Cheese (V)</p> <p>Sauteed Zucchini w/ Red Peppers* Roasted Brussels Sprouts w/ Onions</p> <p>Grapefruit 1% &amp; Fat-Free Milk</p>	<p><b>19</b> Chicken Chipotle Sandwich* WG Bun Bread &amp; Butter Pickles w/ Chipotle Mayo (V)</p> <p>Roasted Sweet Potatoes Spinach Salad*</p> <p>Strawberries 1% &amp; Fat-Free Milk</p>	<p><b>20</b> Pasta Primavera w/ Mozzarella Cheese Pasta Primavera w/ Vegan Cheese (V)</p> <p>Roasted Broccoli w/ Red Peppers* Roasted Yellow Squash</p> <p>Pineapple 1% &amp; Fat-Free Milk</p>	<p><b>21</b> Chicken* Fried Rice Tofu Fried Rice (V)</p> <p>Ginger Carrots Sauteed Green Peas Chopped Green Onion</p> <p>Bananas 1% &amp; Fat-Free Milk</p>
<p><b>24</b> Apple Chicken* Salad Buffalo Cauliflower Nuggets (V) WG French Bread</p> <p>Pickled Cucumbers Roasted Sweet Potatoes</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>25</b> Cheese Quesadilla Cheddar Cheese Vegan Cheese Quesadilla (V)</p> <p>Refried Beans Garden Salad* w/Vinaigrette Dressing*</p> <p>Honeydew 1% &amp; Fat-Free Milk</p>	<p><b>26</b> Chicken* Alla Brasa Ala Brasa Tofu (V) Cilantro Lime Brown Rice</p> <p>Garlic Green Beans Cabbage w/ Peppers &amp; Onions*</p> <p>Bananas 1% &amp; Fat-Free Milk</p>	<p><b>27</b> Southern BBQ Baked Beans Ground Beef w/ Peppers &amp; Onions Vegan Southern Baked Beans (V) WG Cornbread</p> <p>Roasted Broccoli Roasted Tomatoes*</p> <p>Oranges 1% &amp; Fat-Free Milk</p>	<p><b>28</b> Chicken* Tacos Seasoned Tofu (V) WG Tortillas</p> <p>Pinto Beans Steamed Corn Mango Pico de Gallo</p> <p>Pineapple 1% &amp; Fat-Free Milk</p>
<p><b>31</b> Buffalo Chicken* Sandwich BBQ Tofu (V) WG Dinner Roll</p> <p>Baked Beans Coleslaw*</p> <p>Cantaloupe 1% &amp; Fat-Free Milk</p>				



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## Snack Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pita Bread & Wow Butter 1% & Fat-Free Milk	4 Strawberries, Yogurt & Granola	5 Diced Cucumbers & Tomato Salad WG Toast	6 WG Goldfish Grapefruit	7 Cheese Slices Mandarin Oranges
10 Pita Bread & Wow Butter 1% & Fat-Free Milk	11 Cucumber Slices w/ Ranch 1% & Fat-Free Milk	12 Applesauce WG Goldfish	13 Mixed Berry Yogurt & Granola	14 Tortilla Chips & Salsa 1% & Fat-Free Milk
17 Cucumber w/ Ranch 1% & Fat-Free Milk	18 Guacamole & Pita Chips	19 Churro Chips 1% & Fat-Free Milk	20 Apple Butter Toast 1% & Fat-Free Milk	21 Strawberries & Yogurt
24 Applesauce WG Goldfish	25 Egg Salad Pita Chips	26 WG Goldfish Wow Butter	27 Tortilla Chips & Salsa 1% & Fat-Free Milk	28 Strawberries & Yogurt
31 Pita Bread & Wow Butter 1% & Fat-Free Milk				