Cedar Tree

Nov 02 ->Nov 29

Monday Nov 3

Mains: Whole Grain O's Cereal

Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 4

Mains: WG Mini Bagel
Cream Cheese

Sides: Whole Pear
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Nov 5

Mains: Chocolate Oatmeal Bars

Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Nov 6

Mains: Papaya Bread

Sides: Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Nov 7

Mains: Blueberry Bread

Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Nov 10

Mains: Chex Cereal

Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 11

No service

Wednesday Nov 12

Mains: Chocolate Chip Bread

Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Nov 13

Mains: Crunchy Granola WG
Honey Yogurt

Sides: Whole Pear
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Nov 14

Mains: WG Mini Bagel
Cream Cheese

Sides: Clementine
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Nov 17

Mains: Whole Grain O's Cereal

Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 18

Mains: WG Mini Bagel
Cream Cheese

Sides: Pineapple
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Nov 19

Mains: Peach-Mango Overnight Oats

Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Nov 20

Mains: WG Pumpkin Bread

Sides: Strawberries
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Nov 21

Mains: Blueberry Yogurt Parfait

Sides: Whole Pear
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Nov 24

Mains: Raisin Bran Cereal

Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 25

Mains: Chocolate Yogurt Parfait w/Spiced Granola

Sides: Watermelon
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Nov 26

No service

Thursday Nov 27

No service

Friday Nov 28

No service

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Cedar Tree

Nov 02 ->Nov 29

Monday Nov 3

Mains: Egg Fried Rice

Sides: Steamed Edamame
Ginger Carrots
Strawberries
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 4

Mains: Turkey Bolognese
Vegan Cheese Pasta (VG)

Sides: Green Beans
Stewed Tomatoes
Cantaloupe
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Nov 5

Mains: BBQ Chicken
Dinner Rolls
BBQ Tofu (VG)

Sides: Steamed Corn
Garden Salad
Pineapple
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Nov 6

Mains: Curry Vegetables w/ White Beans
Brown Rice

Sides: Sweet Potatoes
Roasted Peppers & Onions
Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Nov 7

Mains: Chimichurri Chicken Wrap
Chimichurri Tofu Wrap (V)

Sides: Sliced Cucumbers
Sliced Red Peppers
Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Nov 10

Mains: Cheese Pizza w/ Mozzarella

Sides: Garden Salad
Sliced Cucumbers
Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 11

No service

Wednesday Nov 12

Mains: Turkey Tacos
Soft Flour Tortilla
Black Bean Taco (V)

Sides: Black Bean Salad
Pico de Gallo
Honeydew
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Nov 13

Mains: Chicken w/ Mambo Sauce
Fried Rice
Tofu w/ Mambo Sauce (VG)

Sides: Green Peas
Steamed Carrots
Pineapple
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Nov 14

Mains: Baked Macaroni & Cheese
Vegan Cheese Pasta (VG)

Sides: Glazed Candied Yams
Roasted Broccoli
Whole Pear
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Nov 17

Mains: Pesto Pasta w/ Mozzarella Cheese
Vegan Cheese Pasta (VG)

Sides: Steamed Spinach
Stewed Tomatoes
Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 18

Mains: Brown Stew Chicken
Brown Rice
Brown Stew Tofu (VG)

Sides: Curry Chickpeas
Cabbage w/Carrot
Cantaloupe
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Nov 19

Mains: Cheesy Quesadilla w/ Cheddar Cheese

Sides: Elote Corn
Pico de Gallo
Pineapple
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Nov 20

Mains: Roasted Turkey w/ Gravy
Stuffing
Tofu Loaf w/ Brown Gravy (VG)

Sides: Mashed Potatoes
Sauteed Green Beans
Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Nov 21

Mains: Chicken Adobo
Red Rice
Chipotle Ground Tofu (VG)

Sides: Roasted Broccoli
Roasted Cauliflower w/ Carrots
Strawberries
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Nov 24

Mains: Pasta Carbonara
Vegan Cheese Pasta (VG)

Sides: Green Beans
Roasted Peppers & Onions
Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Nov 25

Mains: Buffalo Chicken Wrap
Buffalo Veggie Wrap w/ Mozzarella Cheese (V)

Sides: Celery Sticks
Garden Salad
Cantaloupe
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Nov 26

No service

Thursday Nov 27

No service

Friday Nov 28

No service

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Cedar Tree

Nov 02 ->Nov 29

Monday Nov 3	Tuesday Nov 4	Wednesday Nov 5	Thursday Nov 6	Friday Nov 7
Mains: WG Tortilla Chips Salsa	Mains: Celery Sticks WOW Butter	Mains: Strawberries Mozzarella Cheese, cubes Grapes	Mains: Pita Chips Hummus	Mains: Goldfish Crackers Grapefruit
Monday Nov 10	**Tuesday Nov 11**	**Wednesday Nov 12**	**Thursday Nov 13**	**Today Nov 14**
Mains: Honey Yogurt Strawberries	No service	Mains: Cut Orange Wedges Cinnamon Pita	Mains: Goldfish Crackers Sliced Cucumbers	Mains: Trail Mix Applesauce
Monday Nov 17	**Tuesday Nov 18**	**Wednesday Nov 19**	**Thursday Nov 20**	**Friday Nov 21**
Mains: Graham Crackers Applesauce	Mains: WOW Butter Celery Sticks	Mains: Trail Mix Apples	Mains: Baguette Slices Mozzarella Cheese, cubes	Mains: Pita Chips Hummus
Monday Nov 24	**Tuesday Nov 25**	**Wednesday Nov 26**	**Thursday Nov 27**	**Friday Nov 28**
Mains: WOW Butter Celery Sticks	Mains: Pico de Gallo WG Tortilla Chips	No service	No service	No service

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