Cedar Tree

Cedar Tree

Feb 01 ->Feb 28

Monday Feb 2

Mains: Whole Grain O's Cereal

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

Tuesday Feb 3

Mains: WG Mini Bagel
Cream Cheese

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

Wednesday Feb 4

Mains: Oatmeal

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

Today Feb 5

Mains: Banana Bread

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

Friday Feb 6

Mains: Toasted English Muffin
w/ Jelly
w/ Butter

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

Monday Feb 9

Mains: Chex Cereal

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

Tuesday Feb 10

Mains: Berry Oat Crumble

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

Wednesday Feb 11

Mains: Scrambled Eggs w/ Cheddar Cheese
Toasted English Muffin

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

Thursday Feb 12

Mains: Honey Yogurt
Crunchy Granola WG

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

Friday Feb 13

Mains: WG Mini Bagel
w/ Butter
w/ Jelly

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

Monday Feb 16

No service

Tuesday Feb 17

Mains: WG Mini Bagel
Cream Cheese

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

Wednesday Feb 18

Mains: Cheese Grits

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

Thursday Feb 19

Mains: Sweet Potato Bread

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

Friday Feb 20

Mains: Homemade WG Granola w/ Dried Cranberries

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

Monday Feb 23

Mains: Cereal, Cornflakes

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

Tuesday Feb 24

Mains: Chocolate Yogurt Parfait w/Spiced Granola

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

Wednesday Feb 25

Mains: Carrot Bread

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

Thursday Feb 26

Mains: WG Mini Bagel
w/ Butter
w/ Jelly

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

Friday Feb 27

Mains: French Toast

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

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Cedar Tree

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Feb 01 ->Feb 28

Monday Feb 2

Mains: Low Country Grits Bowl
Red Eye Gravy
Turkey Sausage
Scrambled Eggs w/ Cheddar Cheese

Sides: Roasted Potatoes
Roasted Peppers & Onions
Honeydew
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Tuesday Feb 3

Mains: Cheesy Quesadilla w/ Cheddar Cheese

Sides: Roasted Corn & Red Peppers
Pico de Gallo
Cantaloupe
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Feb 4

Mains: Turkey Bolognese
Garlic Bread
Penne w/ Ragu & Mozzarella (V)

Sides: Roasted Cherry Tomatoes
Roasted Broccoli
Cut Orange Wedges
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

Today Feb 5

Mains: Jerk Chicken
Rice & Peas
Jerk Tofu (VG)

Sides: Steamed Cabbage
Red Kidney Beans
Pineapple
Skim Milk
1% Low-fat Milk
Milk, Soy Plain
Sour Cream

Friday Feb 6

Mains: BBQ Chicken
WG Corn Bread
BBQ Tofu (VG)

Sides: Green Beans
Garden Salad
Honeydew
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

Monday Feb 9

Mains: Cheese Pizza w/ Mozzarella
Cheese Pizza w/ Mozzarella

Sides: Roasted Broccoli
Roasted Cherry Tomatoes
Apples
Skim Milk
Milk, Soy Plain
1% Low-fat Milk

Tuesday Feb 10

Mains: Arroz Con Pollo
Crispy Tofu

Sides: Black Beans
Roasted Peppers & Onions
Pineapple
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

Wednesday Feb 11

Mains: Baked Macaroni & Cheese

Sides: Glazed Candied Yams
Garlic Spinach
Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Thursday Feb 12

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

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

Friday Feb 13

Mains: Chicken Salad Wrap
Jerk Black Bean Burger

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

Monday Feb 16

No service

Tuesday Feb 17

Mains: Beef Taco Bowl
Soft Flour Tortilla
Loaded Pinto Bean Bowl

Sides: Stewed Pinto Beans
Roasted Corn & Red Peppers
Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Wednesday Feb 18

Mains: Chicken Ramen Bowl
Tofu Teriyaki
Ramen Bowl

Sides: Steamed Cabbage
Steamed Corn
Honeydew
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

Thursday Feb 19

Mains: Turkey Meatball Sliders
Dinner Rolls
Grilled Cheese

Sides: Garlic Spinach
Roasted Cherry Tomatoes
Cantaloupe
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Friday Feb 20

Mains: Cajun Chicken Wrap
White Beans

Sides: Cucumber & Tomato Salad
Carrots, Baby
Pineapple
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

Monday Feb 23

Mains: Rasta Pasta

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

Tuesday Feb 24

Mains: Chicken Adobo
Jasmine Rice
Crispy Tofu

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

Wednesday Feb 25

Mains: Turkey Sloppy Joe
Kaiser Roll
Loaded Pinto Bean Bowl

Sides: Roasted Corn
Roasted Cherry Tomatoes
Honeydew
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

Thursday Feb 26

Mains: Chicken Teriyaki
Vegetable Lo Mein w/ Edamame
Tofu Teriyaki

Sides: Steamed Carrots
Roasted Broccoli
Cantaloupe
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

Friday Feb 27

Mains: Beef Nachos
WG Tortilla Chips
Sweet Chili Tofu

Sides: Red Kidney Beans
Pico de Gallo
Pineapple
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

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Cedar Tree

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Feb 01 ->Feb 28

Monday Feb 2	Tuesday Feb 3	Wednesday Feb 4	**Today** Feb 5	Friday Feb 6
Mains: Goldfish Crackers Cut Orange Wedges	Mains: Pita Chips Applesauce	Mains: Oyster Crackers WOW Butter	Mains: Trail Mix 1% Low-fat Milk Skim Milk	Mains: Graham Crackers Apples
Monday Feb 9	**Tuesday Feb 10**	**Wednesday Feb 11**	**Thursday Feb 12**	**Friday Feb 13**
Mains: Pita Chips WOW Butter	Mains: WG Tortilla Chips Salsa	Mains: Celery Sticks 1% Low-fat Milk Skim Milk Sides: Ranch	Mains: Trail Mix Cut Orange Wedges	Mains: Pita, Whole Wheat Hummus
Monday Feb 16	**Tuesday Feb 17**	**Wednesday Feb 18**	**Thursday Feb 19**	**Friday Feb 20**
No service	Mains: Trail Mix Celery Sticks	Mains: Chocolate Hummus Cinnamon Pita	Mains: Goldfish Crackers Carrots, Baby	Mains: Applesauce Crunchy Granola WG
Monday Feb 23	**Tuesday Feb 24**	**Wednesday Feb 25**	**Thursday Feb 26**	**Friday Feb 27**
Mains: Goldfish Crackers Cut Orange Wedges	Mains: Pita Chips Applesauce	Mains: Oyster Crackers WOW Butter 1% Low-fat Milk Skim Milk	Mains: Trail Mix 1% Low-fat Milk Skim Milk	Mains: Graham Crackers Apples

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