Cedar Tree

Cedar Tree

Dec 28 -> Jan 31

**Monday** Dec 29
No service

**Tuesday** Dec 30
No service

**Wednesday** Dec 31
No service

**Thursday** Jan 1
No service

**Friday** Jan 2
No service

**Monday** Jan 5
Mains: Whole Grain O's Cereal
Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Tuesday** Jan 6
Mains: WG Mini Bagel
Cream Cheese
Sides: Clementine
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

**Wednesday** Jan 7
Mains: Strawberry Yogurt Parfait
Crunchy Granola WG
Sides: Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Thursday** Jan 8
Mains: Toasted English Muffin
w/ Jelly
w/ Butter
Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Friday** Jan 9
Mains: Banana Bread
Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Monday** Jan 12
Mains: Chex Cereal
Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Tuesday** Jan 13
Mains: Berry Oat Crumble
Sides: Mandarins
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Wednesday** Jan 14
Mains: Toasted English Muffin
w/ Butter
Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Thursday** Jan 15
Mains: Honey Yogurt
Crunchy Granola WG
Sides: Whole Pear
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Friday** Jan 16
Mains: WG Mini Bagel
w/ Butter
w/ Jelly
Sides: Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Monday** Jan 19
No service

**Tuesday** Jan 20
Mains: WG Mini Bagel
Cream Cheese
Sides: Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Wednesday** Jan 21
Mains: Peach-Mango Overnight Oats
Sides: Whole Pear
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Thursday** Jan 22
Mains: Sweet Potato Bread
Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Friday** Jan 23
Mains: Homemade WG Granola w/ Dried Cranberries
Sides: Pineapple
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Monday** Jan 26
Mains: Cereal, Cornflakes
Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Tuesday** Jan 27
Mains: Chocolate Yogurt Parfait w/Spiced Granola
Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Wednesday** Jan 28
Mains: Carrot Bread
Sides: Clementine
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Thursday** Jan 29
Mains: WG Mini Bagel
w/ Butter
w/ Jelly
Sides: Apples
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Friday** Jan 30
Mains: Blueberry Bread
Sides: Banana
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

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Cedar Tree

Cedar Tree

Dec 28 -> Jan 31

**Monday** Dec 29

No service

**Tuesday** Dec 30

No service

**Wednesday** Dec 31

No service

**Thursday** Jan 1

No service

**Friday** Jan 2

No service

**Monday** Jan 5

Mains: Scrambled Eggs
Stewed Tomatoes
Toasted English Muffin

Sides: Sweet Potato Wedges
Steamed Spinach
Honeydew
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Tuesday** Jan 6

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

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

**Wednesday** Jan 7

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

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

**Thursday** Jan 8

Mains: Cheesy Quesadilla w/ Cheddar Cheese

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

**Friday** Jan 9

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

Sides: Steamed Cabbage
Red Kidney Beans
Cut Orange Wedges
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

**Monday** Jan 12

Mains: Cheese Pizza w/ Mozzarella

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

**Tuesday** Jan 13

Mains: Arroz Con Pollo
Crispy Tofu

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

**Wednesday** Jan 14

Mains: Baked Macaroni & Cheese

Sides: Honey Roasted Carrots
Garlic Spinach
Cut Orange Wedges
1% Low-fat Milk
Skim Milk
Milk, Soy Plain

**Thursday** Jan 15

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** Jan 16

Mains: Chicken Salad
Soft Flour Tortilla
Jerk Black Bean Burger

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

**Monday** Jan 19

No service

**Tuesday** Jan 20

Mains: Chicken Fajita Bowls
Soft Flour Tortilla
Loaded Pinto Bean Bowl

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

**Wednesday** Jan 21

Mains: Creamy Alfredo Pasta

Sides: Garlic Spinach
Roasted Squash
Honeydew
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

**Thursday** Jan 22

Mains: Cajun Chicken Wrap
White Beans

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

**Friday** Jan 23

Mains: Turkey Meatball Sliders
Dinner Rolls
Grilled Cheese

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

**Monday** Jan 26

Mains: Pasta Carbonara
Vegan Cheese Pasta (VG)

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

**Tuesday** Jan 27

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** Jan 28

Mains: Bean & Cheese Burrito (V)

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

**Thursday** Jan 29

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

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

**Friday** Jan 30

Mains: Jasmine Rice
Picadillo Beef
Sweet Chili Tofu

Sides: Red Kidney Beans
Sweet Plantains
Pineapple
Skim Milk
1% Low-fat Milk
Milk, Soy Plain

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Cedar Tree

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Dec 28 -> Jan 31

| Monday Dec 29 | Tuesday Dec 30 | Wednesday Dec 31 | Thursday Jan 1 | Friday Jan 2 |
|---|---|---|---|---|
| No service | No service | No service | No service | No service |
| **Monday Jan 5** | **Tuesday Jan 6** | **Wednesday Jan 7** | **Thursday Jan 8** | **Friday Jan 9** |
| Mains: Goldfish Crackers<br>Cut Orange Wedges | Mains: Pita Chips<br>Applesauce | Mains: Oyster Crackers<br>WOW Butter | Mains: Trail Mix<br>1% Low-fat Milk<br>Skim Milk | Mains: Graham Crackers<br>Apples |
| **Monday Jan 12** | **Tuesday Jan 13** | **Wednesday Jan 14** | **Thursday Jan 15** | **Friday Jan 16** |
| Mains: Pita Chips<br>WOW Butter | Mains: WG Tortilla Chips<br>Salsa | Mains: Celery Sticks<br>1% Low-fat Milk<br>Skim Milk<br>Sides: Ranch | Mains: Trail Mix<br>Cut Orange Wedges | Mains: Pita, Whole Wheat<br>Hummus |
| **Monday Jan 19** | **Tuesday Jan 20** | **Wednesday Jan 21** | **Thursday Jan 22** | **Friday Jan 23** |
| No service | Mains: Trail Mix<br>Celery Sticks | Mains: Chocolate Hummus<br>Cinnamon Pita | Mains: Goldfish Crackers<br>Carrots, Baby | Mains: Applesauce<br>Crunchy Granola WG |
| **Monday Jan 26** | **Tuesday Jan 27** | **Wednesday Jan 28** | **Thursday Jan 29** | **Friday Jan 30** |
| Mains: Goldfish Crackers<br>Cut Orange Wedges | Mains: Pita Chips<br>Applesauce | Mains: Oyster Crackers<br>WOW Butter<br>Sides: w/ Jelly | Mains: Trail Mix<br>1% Low-fat Milk<br>Skim Milk | Mains: Graham Crackers<br>Apples |

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