



August Lunch Menu

CEDAR TREE | KINDERGARTEN

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim plain or chocolate milk provided at every meal.

This institution is an equal opportunity provider.



WELCOME BACK!

This school year DC Central Kitchen will be providing healthy delicious meals in your school cafeteria!

Be sure to check out some of the fresh, locally-grown fruit on your menu. We'll have cantaloupe, apples, peaches and watermelon for you to enjoy all month long!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 <ul style="list-style-type: none"> whole grain Italian turkey sausage and cheese pizza kale salad with red peppers fresh peach | 27 <ul style="list-style-type: none"> turkey ham & cheddar melt on whole wheat bread baby carrots with house ranch dressing buffalo cauliflower fresh watermelon | 28 <ul style="list-style-type: none"> jamaican jerk chicken drum yellow rice curried cabbage oven fried plantains fresh apple slices | 29 <ul style="list-style-type: none"> whole wheat mac & cheese honey cinnamon sweet potatoes sautéed green beans fresh cantaloupe wedge | 30 <ul style="list-style-type: none"> pulled bbq chicken on a whole wheat bun jazzy black eyed peas baked potato fries with ketchup fresh orange wedges |



August Breakfast Menu

CEDAR TREE | PRE-K

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LAUNCH YOUR DAY WITH BREAKFAST!

Wake up and fuel up to help your day take off!

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|--------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
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| 5 | 6 | 7 | 8 | 9 |
| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh peach | 28 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh watermelon | 29 <ul style="list-style-type: none"> whole grain banana bread fresh apple slices | 30 <ul style="list-style-type: none"> whole grain rice chex cereal fresh cantaloupe wedge |



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| <p>2</p> <p>labor day</p> <p>no school</p> | <p>3</p> <ul style="list-style-type: none"> whole grain cheerios cereal fresh peach | <p>4</p> <ul style="list-style-type: none"> strawberry banana yogurt fresh watermelon | <p>5</p> <ul style="list-style-type: none"> whole grain blueberry muffin fresh apple slices | <p>6</p> <ul style="list-style-type: none"> whole grain frosted mini wheats cereal fresh cantaloupe wedge |
| <p>9</p> <ul style="list-style-type: none"> strawberry yogurt fresh orange wedges | <p>10</p> <ul style="list-style-type: none"> whole grain rice krispies cereal fresh peach | <p>11</p> <ul style="list-style-type: none"> whole grain banana muffin fresh watermelon | <p>12</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh apple slices | <p>13</p> <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh cantaloupe wedge |
| <p>16</p> <ul style="list-style-type: none"> vanilla yogurt fresh orange wedges | <p>17</p> <ul style="list-style-type: none"> whole grain cheerios fresh peach | <p>18</p> <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh watermelon | <p>19</p> <ul style="list-style-type: none"> whole wheat English muffin grape jelly fresh apple slices | <p>20</p> <ul style="list-style-type: none"> whole grain frosted mini wheats cereal fresh cantaloupe wedge |
| <p>23</p> <ul style="list-style-type: none"> raspberry yogurt fresh orange wedges | <p>24</p> <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh peach | <p>25</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh watermelon | <p>26</p> <ul style="list-style-type: none"> whole grain banana bread fresh apple slices | <p>27</p> <ul style="list-style-type: none"> whole grain rice krispies cereal fresh cantaloupe wedge |
| <p>30</p> <ul style="list-style-type: none"> whole wheat english muffin strawberry jelly fresh orange wedges | | | | |



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FRESH FEATURE FRIDAY

On Fridays throughout the month, students taste test new vegetable recipes and vote on their favorite. The winning recipe is added to the menu.

Keep an eye out for **orange highlights** to find the winning recipes!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <p>2</p> <p>labor day</p> <p>no school</p> | <p>3</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun ketchup & mustard bbq baked beans steamed corn fresh watermelon | <p>4</p> <ul style="list-style-type: none"> crispy fish sandwich on a whole wheat bun cheesy broccoli glazed carrots fresh apple slices | <p>5</p> <ul style="list-style-type: none"> herb roasted chicken drum whole grain cornbread muffin sweet potato fries buttered green peas fresh cantaloupe wedge | <p>6</p> <ul style="list-style-type: none"> turkey meatball sub on a whole wheat hoagie side caesar salad with parmesan cream dressing parmesan summer squash fresh orange wedges |
| <p>9</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun with lettuce & tomato baby carrots with house ranch dressing fresh peach | <p>10</p> <ul style="list-style-type: none"> beef soft tacos with cheese in a whole wheat tortilla chili black beans tomato salsa fresh watermelon | <p>11</p> <ul style="list-style-type: none"> oven fried chicken drum whole grain waffles with all natural syrup hash brown potatoes with ketchup braised collard greens fresh apple slices | <p>12</p> <ul style="list-style-type: none"> whole wheat baked ziti with mozzarella cheese mixed greens salad with cucumber coins and italian dressing fresh cantaloupe wedge | <p>13</p> <ul style="list-style-type: none"> crispy chicken tender with bbq sauce whole grain cornbread muffin sweet potato fries mashed cauliflower fresh orange wedges |
| <p>16</p> <ul style="list-style-type: none"> turkey sloppy joe on a whole wheat bun cheesy broccoli cole slaw fresh peach | <p>17</p> <ul style="list-style-type: none"> buffalo chicken drum whole grain cornbread muffin baby carrots & celery sticks with house ranch dressing fresh watermelon | <p>18</p> <ul style="list-style-type: none"> cheeseburger on a whole wheat bun ketchup & mustard bbq baked beans buttered green peas fresh apple slices | <p>19</p> <ul style="list-style-type: none"> cajun pollock hot sauce brown rice lemon parmesan kale steamed corn fresh cantaloupe wedge | <p>20</p> <ul style="list-style-type: none"> chicken cheesesteak with provolone cheese on a whole grain hoagie and sautéed peppers & onions sweet potato fries fresh orange wedges |
| <p>23</p> <ul style="list-style-type: none"> whole grain Italian turkey sausage & cheese pizza kale salad with red peppers fresh peach | <p>24</p> <ul style="list-style-type: none"> turkey ham & cheddar melt on whole wheat bread baby carrots with house ranch dressing buffalo cauliflower fresh watermelon | <p>25</p> <ul style="list-style-type: none"> jamaican jerk chicken drum yellow rice curried cabbage oven fried plantains fresh apple slices | <p>26</p> <ul style="list-style-type: none"> whole wheat mac & cheese honey cinnamon sweet potatoes sautéed green beans fresh cantaloupe wedge | <p>27</p> <ul style="list-style-type: none"> pulled bbq chicken on a whole wheat bun jazzy black eyed peas baked potato fries with ketchup fresh orange wedges |
| <p>30</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun ketchup & mustard bbq baked beans steamed corn fresh peach | | | | |



August Vegetarian Lunch Menu

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| 19 | 20 | 21 | 22 | 23 |
| 26 <ul style="list-style-type: none"> whole grain flatbread cheese pizza kale salad with red peppers fresh peach | 27 <ul style="list-style-type: none"> grilled cheese on whole wheat bread baby carrots with house ranch dressing buffalo cauliflower fresh watermelon | 28 <ul style="list-style-type: none"> red beans yellow rice curried cabbage oven fried plantains fresh apple slices | 29 <ul style="list-style-type: none"> powered up pasta with chickpeas honey cinnamon sweet potatoes sautéed green beans fresh cantaloupe wedge | 30 <ul style="list-style-type: none"> bbq tofu bites on a whole wheat bun jazzy black eyed peas baked potato fries with ketchup fresh orange wedges |



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| 2 labor day no school | 3 <ul style="list-style-type: none"> veggie burger on a whole wheat bun ketchup & mustard bbq baked beans steamed corn fresh watermelon | 4 <ul style="list-style-type: none"> grilled cheese on whole wheat bread cheesy broccoli glazed carrots fresh apple slices | 5 <ul style="list-style-type: none"> bbq tofu bites whole grain cornbread muffin sweet potato fries buttered green peas fresh cantaloupe wedge | 6 <ul style="list-style-type: none"> whole grain flatbread cheese pizza side caesar salad with parmesan cream dressing parmesan summer squash fresh orange wedges |
| 9 <ul style="list-style-type: none"> egg salad on a whole wheat bun with lettuce & tomato baby carrots with house ranch dressing fresh peach | 10 <ul style="list-style-type: none"> sofritas tofu soft tacos in a whole wheat tortilla chili black beans tomato salsa fresh watermelon | 11 <ul style="list-style-type: none"> veggie breakfast sausage whole grain waffles with all natural syrup hash brown potatoes with ketchup braised collard greens fresh apple slices | 12 <ul style="list-style-type: none"> powered up pasta with chickpeas mixed greens salad with cucumber coins and italian dressing fresh cantaloupe wedge | 13 <ul style="list-style-type: none"> bbq tofu bites whole grain cornbread muffin sweet potato fries mashed cauliflower fresh orange wedges |
| 16 <ul style="list-style-type: none"> on the go sloppy joe on a whole wheat bun cheesy broccoli cole slaw fresh peach | 17 <ul style="list-style-type: none"> buffalo tofu bites whole grain cornbread muffin baby carrots & celery sticks with house ranch dressing fresh watermelon | 18 <ul style="list-style-type: none"> veggie burger on a whole wheat bun ketchup & mustard bbq baked beans buttered green peas fresh apple slices | 19 <ul style="list-style-type: none"> veg out chili brown rice lemon parmesan kale steamed corn fresh cantaloupe wedge | 20 <ul style="list-style-type: none"> whole grain flatbread cheese pizza with sautéed peppers & onions sweet potato fries fresh orange wedges |
| 23 <ul style="list-style-type: none"> whole grain flatbread cheese pizza kale salad with red peppers fresh peach | 24 <ul style="list-style-type: none"> grilled cheese on whole wheat bread baby carrots with house ranch dressing buffalo cauliflower fresh watermelon | 25 <ul style="list-style-type: none"> red beans yellow rice curried cabbage oven fried plantains fresh apple slices | 26 <ul style="list-style-type: none"> powered up pasta with chickpeas honey cinnamon sweet potatoes sautéed green beans fresh cantaloupe wedge | 27 <ul style="list-style-type: none"> bbq tofu bites on a whole wheat bun jazzy black eyed peas baked potato fries with ketchup fresh orange wedges |
| 30 <ul style="list-style-type: none"> veggie burger on a whole wheat bun ketchup & mustard bbq baked beans steamed corn fresh peach | | | | |



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| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | 30 |

- raspberry yogurt
- whole grain apple oatmeal bar
- fresh orange wedges

- multi-grain cinnamon flakes cereal
- whole wheat graham crackers
- fresh peach
- 100% grape juice

- whole wheat bagel
- low fat cream cheese
- grape jelly
- fresh watermelon

- whole grain banana bread
- fresh apple slices

- whole grain golden grahams cereal
- low fat cheese stick
- fresh cantaloupe wedge



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| <p>2</p> <p>labor day</p> <p>no school</p> | <p>3</p> <ul style="list-style-type: none"> • whole grain cheerios cereal • whole wheat graham crackers • fresh peach • 100% grape juice | <p>4</p> <ul style="list-style-type: none"> • strawberry banana yogurt • whole grain strawberry oatmeal bars • fresh watermelon | <p>5</p> <ul style="list-style-type: none"> • whole grain blueberry muffin • fresh apple slices | <p>6</p> <ul style="list-style-type: none"> • whole grain frosted mini wheats cereal • low fat cheese stick • fresh cantaloupe wedge |
| <p>9</p> <ul style="list-style-type: none"> • strawberry yogurt • whole grain blueberry pomegranate oatmeal bar • fresh orange wedges | <p>10</p> <ul style="list-style-type: none"> • whole grain golden grahams cereal • whole wheat graham crackers • fresh peach • 100% grape juice | <p>11</p> <ul style="list-style-type: none"> • whole grain banana muffin • fresh watermelon | <p>12</p> <ul style="list-style-type: none"> • whole wheat bagel • low fat cream cheese • fresh apple slices | <p>13</p> <ul style="list-style-type: none"> • multi-grain cinnamon flakes cereal • low fat cheese stick • fresh cantaloupe wedge |
| <p>16</p> <ul style="list-style-type: none"> • vanilla yogurt • whole grain strawberry oatmeal bar • fresh orange wedges | <p>17</p> <ul style="list-style-type: none"> • whole grain cheerios • whole wheat graham crackers • fresh peach • 100% grape juice | <p>18</p> <ul style="list-style-type: none"> • whole grain apple cinnamon muffin • fresh watermelon | <p>19</p> <ul style="list-style-type: none"> • whole wheat English muffin • sunbutter cup • fresh apple slices | <p>20</p> <ul style="list-style-type: none"> • whole grain frosted mini wheats cereal • whole wheat graham crackers • fresh cantaloupe wedge |
| <p>23</p> <ul style="list-style-type: none"> • raspberry yogurt • whole grain apple oatmeal bar • fresh orange wedges | <p>24</p> <ul style="list-style-type: none"> • multi-grain cinnamon flakes cereal • whole wheat graham crackers • fresh peach • 100% grape juice | <p>25</p> <ul style="list-style-type: none"> • whole wheat bagel • low fat cream cheese • grape jelly • fresh watermelon | <p>26</p> <ul style="list-style-type: none"> • whole grain banana bread • fresh apple slices | <p>27</p> <ul style="list-style-type: none"> • whole grain golden grahams cereal • low fat cheese stick • fresh cantaloupe wedge |
| <p>30</p> <ul style="list-style-type: none"> • whole wheat english muffin • strawberry jelly • low fat cheese stick • fresh orange wedges | | | | |