

# CEDARS



## PRESCHOOL

Milk Served with Breakfast & Lunch.  
 All Milk Served Is Unflavored  
 1 Year Olds = Whole Milk  
 2 Year Olds-School Age = 1% Milk  
 \*Denotes Whole Grain is Served.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Week

1

**BREAKFAST**  
 Cinnamon Toast\*  
 Applesauce  
**AM SNACK**  
 Animal Crackers\*  
 Pears  
**LUNCH**  
 Chicken Sandwich  
 Green Beans  
 Mango  
 Bun\*  
**PM SNACK**  
 Goldfish  
 Oranges  
**DINNER**  
 Beef Goulash\*  
 Mixed Vegetables  
 Banana  
 Pasta\*

**BREAKFAST**  
 Blueberry Muffin\*  
 Mandarins  
**AM SNACK**  
 Sweet Potato Crackers\*  
 100% Grape Juice  
**LUNCH**  
 Mac & Cheese\*  
 Green Peas  
 Banana  
 Pasta\*  
**PM SNACK**  
 Wheat Pita\*  
 Sliced Turkey  
**DINNER**  
 Orange Chicken  
 Green Beans  
 Applesauce  
 Brown Rice\*

**BREAKFAST**  
 Yogurt  
 Strawberries  
**AM SNACK**  
 Cheese Crackers  
 Banana  
**LUNCH**  
 Turkey & Cheese Roll Up  
 Broccoli  
 Peaches  
 Tortilla\*  
**PM SNACK**  
 Ritz Crackers  
 Apples  
**DINNER**  
 Chicken & Waffles  
 Lima Beans  
 Oranges  
 Waffles

**BREAKFAST**  
 Chex Cereal\*  
 Banana  
**AM SNACK**  
 Graham Crackers  
 Cinnamon Apples  
**LUNCH**  
 Meatloaf  
 Mashed Potatoes  
 Pears  
 Sliced Bread\*  
**PM SNACK**  
 Pretzels\*  
 Cheese  
**DINNER**  
 Chicken Parmesan  
 Peas  
 Peaches  
 Pasta\*

**BREAKFAST**  
 Waffles\*  
 Mixed Fruit  
**AM SNACK**  
 Cottage Cheese  
 Mixed Berries  
**LUNCH**  
 Korean Beef  
 Carrots  
 Pineapple  
 Brown Rice\*  
**PM SNACK**  
 Snack Mix  
 100% Apple Juice  
**DINNER**  
 Hot Turkey Melt  
 Baked Beans  
 Sweet Potato Fries  
 Sliced Bread\*

2

**BREAKFAST**  
 Raisin Bread w/ Butter  
 Fruit Cocktail  
**AM SNACK**  
 Goldfish  
 100% Apple Juice  
**LUNCH**  
 Fish Sticks  
 Mashed Sweet Potatoes  
 Applesauce  
 Breading\*  
**PM SNACK**  
 Veggie Crackers\*  
 Cheese  
**DINNER**  
 Italian Beef Subs  
 Tater Tots  
 Carrots  
 Bun\*

**BREAKFAST**  
 Bagel\*  
 Banana  
**AM SNACK**  
 Wheat Crackers\*  
 Tropical Fruit  
**LUNCH**  
 Taco Salad  
 Corn  
 Black Beans  
 Yellow Rice\*  
**PM SNACK**  
 Yogurt  
 Apples  
**DINNER**  
 Sloppy Joes\*  
 Black Eye Peas  
 Oranges  
 Bun\*

**BREAKFAST**  
 Buttered Biscuit\*  
 Pears  
**AM SNACK**  
 Cracker Mix  
 Apples  
**LUNCH**  
 Chicken Alfredo  
 Mixed Vegetable  
 Peaches  
 Pasta\*  
**PM SNACK**  
 Muffin\*  
 100% Grape Juice  
**DINNER**  
 Fish Tacos  
 Cole Slaw  
 Mixed Fruit  
 Tortilla\*

**BREAKFAST**  
 Cheerio Cereal\*  
 Cinnamon Apples  
**AM SNACK**  
 Saltine Crackers  
 Pears  
**LUNCH**  
 Shepard Pie  
 Mashed Potatoes  
 Banana  
 Biscuit\*  
**PM SNACK**  
 Graham Crackers  
 Oranges  
**DINNER**  
 Chicken  
 Mixed Vegetables  
 Tropical Fruit  
 Brown Rice\*

**BREAKFAST**  
 Pancakes\*  
 Applesauce  
**AM SNACK**  
 Hummus  
 Pita Chips\*  
**LUNCH**  
 Pizza  
 Salad  
 Mandarins  
 Crust\*  
**PM SNACK**  
 Ritz Crackers  
 Cheese  
**DINNER**  
 Bean & Cheese Burrito  
 Corn  
 Salad  
 Tortilla\*

3

**BREAKFAST**  
 Cinnamon Toast\*  
 Applesauce  
**AM SNACK**  
 Animal Crackers\*  
 Pears  
**LUNCH**  
 Hamburger  
 Green Beans  
 Mango  
 Bun\*  
**PM SNACK**  
 Goldfish  
 Oranges  
**DINNER**  
 Tangy Chicken  
 Mixed Vegetables  
 Banana  
 Brown Rice\*

**BREAKFAST**  
 Blueberry Muffin\*  
 Mandarins  
**AM SNACK**  
 Sweet Potato Crackers\*  
 100% Grape Juice  
**LUNCH**  
 Grilled Cheese  
 Green Peas  
 Banana  
 Sliced Bread\*  
**PM SNACK**  
 Wheat Pita\*  
 Sliced Turkey  
**DINNER**  
 Beef Stroganoff Bake  
 Green Beans  
 Applesauce  
 Pasta\*

**BREAKFAST**  
 Yogurt  
 Strawberries  
**AM SNACK**  
 Cheese Crackers  
 Banana  
**LUNCH**  
 Ham & Cheese Roll Up  
 Broccoli  
 Peaches  
 Tortilla\*  
**PM SNACK**  
 Ritz Crackers  
 Apples  
**DINNER**  
 BBQ Chicken Quesadilla  
 Lima Beans  
 Oranges  
 Tortilla\*

**BREAKFAST**  
 Chex Cereal\*  
 Banana  
**AM SNACK**  
 Graham Crackers  
 Cinnamon Apples  
**LUNCH**  
 Turkey Pot Roast  
 Mashed Potatoes  
 Pears  
 Sliced Bread\*  
**PM SNACK**  
 Pretzels\*  
 Cheese  
**DINNER**  
 Ham & Cheese Slider  
 Baked Beans  
 Peas  
 Sliced Bread\*

**BREAKFAST**  
 Waffles\*  
 Mixed Fruit  
**AM SNACK**  
 Cottage Cheese  
 Mixed Berries  
**LUNCH**  
 Teriyaki Chicken  
 Carrots  
 Pineapple  
 Brown Rice\*  
**PM SNACK**  
 Snack Mix  
 100% Apple Juice  
**DINNER**  
 Garlic Bread Griller  
 Sweet Potato Fries  
 Peaches  
 Sliced Bread\*

4

**BREAKFAST**  
 Raisin Bread w/ Butter  
 Fruit Cocktail  
**AM SNACK**  
 Goldfish  
 100% Apple Juice  
**LUNCH**  
 BBQ Chicken Sandwich\*  
 Mashed Sweet Potatoes  
 Applesauce  
 Bun\*  
**PM SNACK**  
 Veggie Crackers\*  
 Cheese  
**DINNER**  
 Sweet & Sour Chicken  
 Carrots  
 Mixed Fruit  
 Breading\*

**BREAKFAST**  
 Bagel\*  
 Banana  
**AM SNACK**  
 Wheat Crackers  
 Tropical Fruit  
**LUNCH**  
 Cheese Quesadilla  
 Corn  
 Black Beans  
 Tortilla\*  
**PM SNACK**  
 Yogurt  
 Apples  
**DINNER**  
 Chili  
 Mixed Vegetables  
 Kidney Beans  
 Corn Bread

**BREAKFAST**  
 Buttered Biscuit\*  
 Pears  
**AM SNACK**  
 Cracker Mix  
 Apples  
**LUNCH**  
 Meat Spaghetti  
 Mixed Vegetable  
 Peaches  
 Pasta\*  
**PM SNACK**  
 Muffin\*  
 100% Grape Juice  
**DINNER**  
 Chicken Pot Pie  
 Corn  
 Mixed Fruit  
 Biscuit\*

**BREAKFAST**  
 Cheerio Cereal\*  
 Cinnamon Apples  
**AM SNACK**  
 Saltine Crackers  
 Pears  
**LUNCH**  
 Salisbury Steak  
 Mashed Potatoes  
 Banana  
 Sliced Bread\*  
**PM SNACK**  
 Graham Crackers  
 Oranges  
**DINNER**  
 Chicken Salad Wrap\*  
 Cole Slaw  
 Tater Tots  
 Tortilla\*

**BREAKFAST**  
 Pancakes\*  
 Applesauce  
**AM SNACK**  
 Hummus  
 Pita Chips  
**LUNCH**  
 Chicken Nuggets  
 Salad  
 Mandarins  
 Breading\*  
**PM SNACK**  
 Ritz Crackers  
 Cheese  
**DINNER**  
 Beef Teriyaki  
 Salad  
 Mixed Vegetable  
 Noodles\*

### 2023-2024 CALENDAR

Week 1	Jul 3-7	Jul 31-Aug 4	Aug 28-Sep1	Sep 25-29	Oct 23-27	Nov 20-24	Dec 18-22	Jan 15-19	Feb 12-16	Mar 11-15	Apr 8-12	May 6-10	Jun 3-7
Week 2	Jul 10-14	Aug 7-11	Sep 4-8	Oct 2-6	Oct 30-Nov 3	Nov 27-Dec 1	Dec 25-29	Jan 22-26	Feb 19-23	Mar 18-22	Apr 15-19	May 13-17	June 10-14
Week 3	Jul 17-21	Aug 14-18	Sep 11-15	Oct 9-13	Nov 6-10	Dec 4-8	Jan 1-5	Jan 29- Feb 2	Feb 26-Mar 1	Mar 25-29	Apr 22-26	May 20-24	Jun 17-21
Week 4	Jul 24-28	Aug 21-25	Sep 18-22	Oct 16-20	Nov 13-17	Dec 11-15	Jan 8-12	Feb 5-9	Mar 4-8	Apr 1-5	Apr 26- May 3	May 27-31	Jun 24-28