


# JANUARY 18 - FEBRUARY 12

February is National Grapefruit Month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Jan 18</b>  <b>MARTIN LUTHER KING JR. DAY</b>	<b>19</b> <b>No School</b>	<b>20</b> <b>Inauguration Day</b> <b>No School</b>	<b>21</b> <b>Breakfast</b> Peach Cup Whole Grain Mini French Toast Hard Boiled Egg 1% Milk <b>Lunch</b> Spinach & Fruit Salad Whole Grain Cheese Pizza Whole Grain Cheese Pizza Whole Grain Crust Black Bean & Corn Salad Grapes <b>Snack:</b> Teddy Grahams Yogurt	<b>22</b> <b>Breakfast</b> Apple Slices Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Farmer's Salad Turkey and Cheese Sub Vegetarian Sub Whole Grain Bun Whole Grain Sunchips Roasted Sweet Potato Wedges Pineapple
<b>25</b> <b>Breakfast</b> Banana Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Brazilian Salad Chicken Salad Sandwich Vegetarian Chicken Salad Sandwich Whole Grain Bread Multigrain Sunchips Baby Carrots w/Ranch Dip Pineapple <b>Snack:</b> Nutrigrain Cereal Bar Mandarin Oranges	<b>26</b> <b>Breakfast</b> Fruit Salad Whole Grain Bagel Turkey Sausage 1% Milk <b>Lunch</b> Orange Romaine Salad Whole Grain Breaded Fishsticks Fishless Fish Whole Grain Macaroni & Cheese Sautéed Fresh Broccoli Mandarin Oranges <b>Snack:</b> Whole Grain Pretzels Apple Juice	<b>27</b> <b>Breakfast</b> Peaches Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Marinated Tomatoes Grilled Chicken Caesar Salad Vegetarian Grilled Chicken Caesar Salad Whole Grain Toasted Pita Chips Spiced Chick Peas Banana <b>Snack:</b> Teddy Grahams Fruit Cup	<b>28</b> <b>Breakfast</b> Sliced Apples Whole Grain Mini Pancakes Hard Boiled Egg 1% Milk <b>Lunch</b> South Beach Chopped Salad Turkey Chili Vegetarian Chili Whole Grain Brown Rice Pilaf Roasted Green Beans Oranges <b>Snack:</b> Multigrain Sunchips Cheese Stick	<b>29</b> <b>Breakfast</b> Mandarin Oranges Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Chopped Salad Oven Roasted Chicken Wings Vegetarian Chicken Strips Whole Grain Roll Roasted Potato Wedges Grapes
<b>Feb 1</b> <b>Breakfast</b> Fruit Cup Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Italian Chopped Salad Whole Grain Cheese Pizza Whole Grain Cheese Pizza Whole Grain Crust Sautéed Fresh Broccoli Spicy Chick Pea Salad Sliced Apples <b>Snack:</b> Yogurt Whole Grain Pretzels	<b>2</b> <b>Breakfast</b> Banana Whole Grain Blueberry Muffins Hard Boiled Egg 1% Milk <b>Lunch</b> Green Salad Whole Grain Chicken Nuggets Vegan Chicken Nuggets Whole Grain Roll Roasted Green Beans Grapes <b>Snack:</b> Nutrigrain Cereal Bar Cheese Stick	<b>3</b> <b>Breakfast</b> Oranges Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Spinach & Fruit Salad BBQ Meatballs BBQ Vegan Meatballs Lemon Zest Brown Rice Honey Glazed Carrots Banana <b>Snack:</b> Peach Cup Teddy Grahams	<b>4</b> <b>Breakfast</b> Sliced Apples Pancake on a Stick 1% Milk <b>Lunch</b> Tomato Basil Salad Turkey & Cheese Sub Vegetarian Sub Whole Grain Bun Roasted Potato Wedges Peach Cup <b>Snack:</b> Whole Grain Goldfish Apple Juice	<b>5</b> <b>Breakfast</b> Grapes Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Arugula & Herb Salad Grilled Pub Burgers Vegetarian Burger Whole Grain Bun Vegetarian Baked Beans Pineapple Cup
<b>8</b> <b>Breakfast</b> Fruit Salad Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Marinated Vegetable Salad Grilled Chicken Caesar Salad Vegetarian Chicken Caesar Salad Whole Grain Pita Chips Black Eyed Pea Salsa Oranges <b>Snack:</b> Teddy Grahams Fruit Juice	<b>9</b> <b>Breakfast</b> Sliced Apples Whole Grain Honey Biscuit Turkey Sausage 1% Milk <b>Lunch</b> Orange Romaine Salad Turkey & Cheese Sub Vegetarian Sub Whole Grain Bun Roasted Sweet Potato Wedges Peaches <b>Snack:</b> Nutrigrain Cereal Bar 1% Milk	<b>10</b> <b>Breakfast</b> Banana Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> Chopped Salad Jamaican Jerk Chicken Wings Vegetarian Jerk Chicken Strips Whole Grain Yellow Rice Sautéed Fresh Broccoli Pineapple <b>Snack:</b> Yogurt Graham Crackers	<b>11</b> <b>Breakfast</b> Fresh Grapes Whole Grain Mini French Toast Hard Boiled Egg 1% Milk <b>Lunch</b> South Beach Chopped Salad Beef Hot Dog Vegetarian Meatball Sub Whole Grain Bun Seasoned Black Eyed Peas Oranges <b>Snack:</b> Sliced Apples Whole Grain Goldfish	<b>12</b> <b>Breakfast</b> Oranges Whole Grain Cereal Fruited Yogurt 1% Milk <b>Lunch</b> South West Chicken Wrap Vegetarian Chicken South West Wrap Whole Grain Tortilla Whole Grain Sunchips Baby Carrots w/Ranch Dressing Corn O'Brian Banana

The "Healthier" indication on Entrees means <350 cal, <5 g sat. fat, on Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

Menu subject to change.



Vegetarian Option ▼  
 Low Fat Option ♥  
 Healthier Option ■

## SEED School of Washington DC Breakfast & Lunch Menu