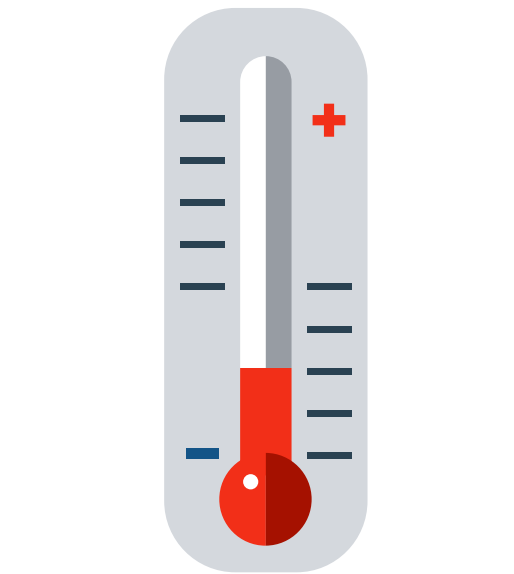
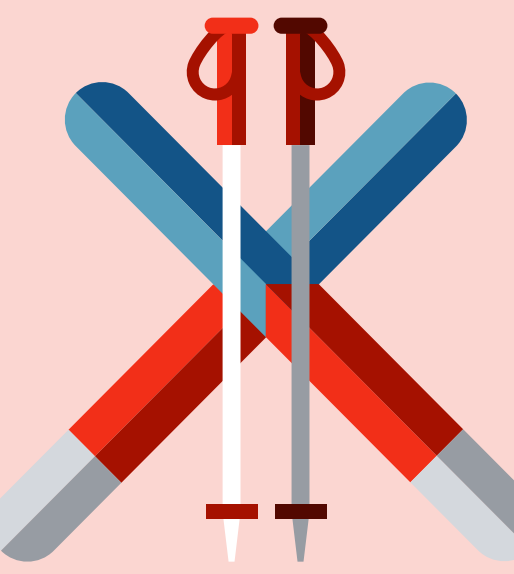
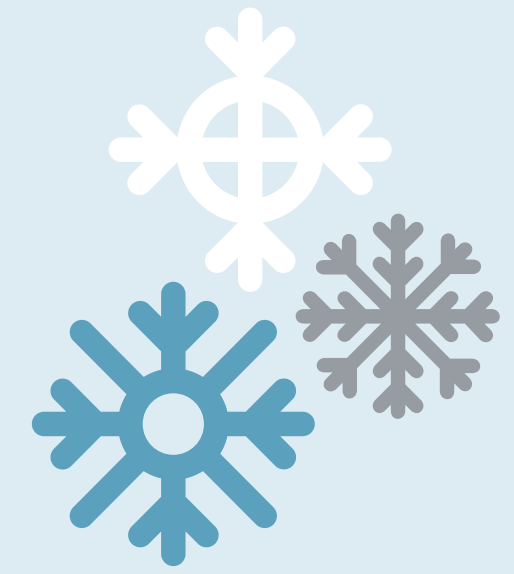
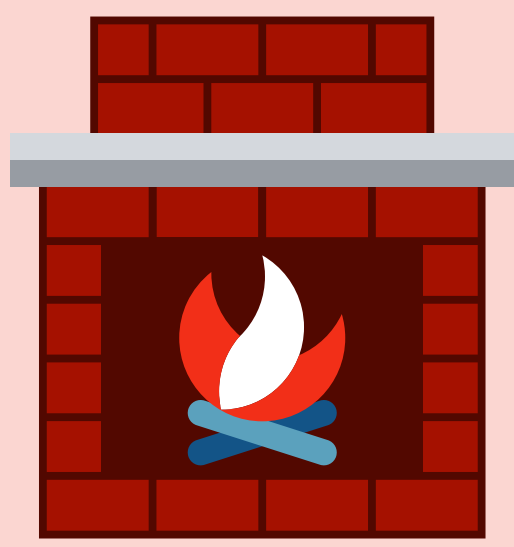


# DECEMBER 18 - JANUARY 12



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Dec 18</b> <b>Breakfast</b> Applesauce or Fresh Fruit Whole Grain Egg & Cheese Biscuit Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Chef's Salad  BBQ Chicken BBQ Vegetarian Chicken ♥▼  Whole Grain Biscuit Sweet Potato Fries Diced Peach Cup  Snack: Whole Grain Goldfish Apple Juice	<b>19</b> <b>Breakfast</b> Banana or Fresh Fruit Whole Grain Croissant Turkey Sausage Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Asian Spinach Salad  Teriyaki Beef or Chicken Vegetarian Teriyaki Chicken ♥▼  Fried Brown Rice Stir Fry Veggies Mandarin Oranges or Fresh Fruit Salad  Snack: Whole Grain Pretzel Fish Fruit Cup	<b>20</b> <b>Breakfast</b> Fresh Fruit or Grapes Whole Grain Bagel Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Greek Salad  Southwest Philly Cheesesteak Southwest Vegetarian Cheesesteak ♥▼  Whole Grain Sub Roll Oven Roasted Carrots Spiced Pinto Beans Fresh Strawberries or Fresh Fruit  Snack: WG Popcorn Apple Slices	<b>21</b> <b>Breakfast</b> Peach Cup Eggs, Pancakes, Chicken Sausage/Bacon, Grits Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Great Green Salad  Whole Grain Turkey Pepperoni Pizza Whole Grain Cheese Pizza ♥▼  Whole Grain Crust Sweet Buttered Corn w/Cilantro Banana or Orange Sections	<b>22</b> <h2>Winter Break</h2>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<h1>Winter Break</h1>				
<b>Jan 1</b> <h2>Winter Break</h2>	<b>2</b> <h2>Professional Development Day</h2>	<b>3</b> <h2>Professional Development Day</h2>	<b>4</b> <b>Breakfast</b> Sliced Apples Pancake on a Stick Smoothie 1% Milk or Fat Free Milk  <b>Lunch</b> Tomato Basil Salad  Southwest Chicken Wrap Vegetarian Southwest Wrap ▼  Whole Grain Tortilla Sun Chips Peach Cup  Snack: Cheezits Apple Juice	<b>5</b> <b>Breakfast</b> Grapes Whole Grain Cereal Fruited Yogurt 1% Milk or Fat Free Milk  <b>Lunch</b> Arugula & Herb Salad  Grilled Pub Burgers Veggie Burgers ♥▼  Whole Grain Bun Roasted Potato Wedges Pineapple Cup
<b>8</b> <b>Breakfast</b> Applesauce Cup Whole Grain Croissant Whole Grain French Toast Frosted Flakes, Fruited Yogurt, 1% Milk or Fat Free Milk  <b>Lunch</b> Jamaican Jerk Chicken Wings Jamaican Jerk Vegetarian Chicken  Whole Grain Yellow Rice ♥ Spiced Black Beans Sauteed Fresh Broccoli Baked Plantains Orange Sections  Snack: WG Popcorn Peach Cup	<b>9</b> <b>Breakfast</b> Banana Whole Grain Blueberry Muffin Sunshine Smoothie Cinnamon Toast Crunch, Fruited Yogurt, 1% Milk or Fat Free Milk  <b>Lunch</b> Orange Romaine Salad  Sliced Grilled Chicken or Flank Steak Lo Mein Noodles Veggie Grilled Chicken Strips ♥▼  Sweet Skillet Corn Whole Grain Noodles Veggie Crumbles Fresh Berries  Snack: Sunchips, Fruit Juice	<b>10</b> <b>Breakfast</b> Fresh Grapes Whole Grain Biscuit w/Egg & Cheese Breakfast Bar Lucky Charms, Fruited Yogurt, 1% Milk or Fat Free Milk  <b>Lunch</b> Grilled Chicken Sandwich Cheese Quesadilla Vegan Jamaican Jerk Chik'n Strips ▼  Whole Grain Yellow Rice ♥ Roasted Yellow Squash Herb Roasted Carrots Cut Melon or Grapefruit Sections  Snack: Yogurt Graham Crackers	<b>11</b> <b>Breakfast</b> Banana Chocolate Overnight Oats Whole Grain Pop Tart, String Cheese Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk  <b>Lunch</b> Dried Cranberry & Blue Cheese Salad  Hot Turkey & Cheese Sub Vegetarian Meatball Sub ▼  Whole Grain Sub Roll Marinated Tomatoes Grapes  Snack: Sliced Apples Whole Grain Goldfish	<b>12</b> <b>Breakfast</b> Chilled Pears Breakfast Burrito Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk  <b>Lunch</b> Chicken Gyro Greek Quinoa Bowl ▼  Whole Grain Pita Bread Marinated Cucumbers Roasted Sweet Potato Wedges Apple Slices

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



Vegetarian Option ▼  
 Low Fat Option ♥  
 Healthier Option

**Salad Bar and Fresh Fruit**  
 always available for lunch/brunch/dinner.

This institution is an equal opportunity provider. Menu subject to change.

## SEED School of Washington DC Breakfast & Lunch Menu