

National Skating Month



DECEMBER 18 - JANUARY 12

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
Dec 18	<p>Soup du Jour Grape Feta Salad ■</p> <p>Housemade Lasagna Lasagna w/Beyond Meat ▼ Oven Baked Herb Fish ■</p> <p>Oven Roasted Green Beans Garlic Bread Chocolate Cake</p>	19	<p>Soup du Jour Dried Cranberry & Blue Cheese Salad ■</p> <p>Beef and Broccoli Vegetarian Beef Strips ▼ Chicken Veggie Wraps ■</p> <p>Sauteed Broccoli Jasmine Rice Ice Cream</p>	20	<p>Soup du Jour</p> <p>Chicken Tenders Assorted Sauces Vegetarian Chicken Nuggets ▼ Baked Chicken ■</p> <p>Caesar Salad French Fries Cookies Fruit Punch</p>	21	Check Out		22	Winter Break			
25		26		27		28						29	
<h1>Winter Break</h1>													
Jan 1	Winter Break		2	Professional Development Day		3	Professional Development Day		4	<p>Soup du Jour Greek Salad</p> <p>Jamaican Beef Patty Parmesan Crusted Fishless Fish ▼ Chicken Parmesan ■</p> <p>Garlic Sautéed Cabbage Red Beans & Rice Manager's Special</p>	5	Check Out	
8	<p>Soup du Jour Farmer's Salad</p> <p>Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken ▼ Honey Garlic Chicken ■</p> <p>Broccoli & Cheese Casserole Herb Roasted Potatoes Sweet Potato Pie Juice Box</p>	9	<p>Soup du Jour</p> <p>Housemade Lasagna Housemade Vegetarian Lasagna ▼ Eggplant Parmesan ■</p> <p>Sauteed Spinach Garlic Bread Rice Krispie Treat</p>	10	<p>Soup du Jour</p> <p>SEED Way Sub Sandwich Ham, Turkey, Tuna, Chicken Salad Veggie Sub ▼</p> <p>Lettuce, Tomato, Onion Pickles Potato Chips Cookies Flavored Water</p>	11	<p>Soup du Jour Spinach & Fruit Salad</p> <p>Pizza Bar Vegetarian Pizza ▼ Zucchini Patty</p> <p>Sauteed Vegetable Medley Mexican Street Corn Vanilla Cake</p>	12	Check Out				
<p>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</p> <p>Salad Bar and Fresh Fruit always available for lunch/brunch/dinner.</p> <p>This institution is an equal opportunity provider. Menu subject to change.</p>													



Vegetarian Option ▼
Low Fat Option ♥
Healthier Option ■

SEED School of Washington DC Dinner Menu

