

# OCTOBER 23 - NOVEMBER 17


## National Peanut Butter Lovers Month

It takes about 540 peanuts to make a 12-ounce jar of peanut butter. That's approximately 45 peanuts per ounce of peanut butter.

96% of people, when making a peanut butter and jelly sandwich, put the peanut butter on before the jelly.

Peanuts are not actually nuts: they are legumes and grow underground.

Archibutyrophobia (pronounced A<sup>3</sup>-ra-kid-bu-ti-ro-pho-bi-a) is the fear of getting peanut butter stuck to the roof of your mouth.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Oct 23</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>24</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>25</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>26</b> <b>Breakfast</b> Peach Cup Whole Grain French Toast Turkey Sausage Link 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  Snack: Teddy Grahams Yogurt	<b>27</b> <b>Breakfast</b> Apple Slices Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Farmer's Salad  Grilled Pub Burger Vegetarian Chicken Strips ♥▼  Whole Grain Bun Roasted Potato Fries Applesauce
<b>30</b> <b>Breakfast</b> Banana Whole Grain English Muffin Scrambled Eggs Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Brazilian Salad  Beef Tacos Black Bean Tacos ▼  WG Texas Brown Rice Baby Carrots w/Ranch Dip Pineapple  Snack: Nutrigrain Cereal Bar Mandarin Oranges	<b>31</b> <b>Breakfast</b> Fruit Salad Whole Grain Biscuit Turkey Sausage 1% Milk  <b>Lunch</b> Orange Romaine Salad  Jumbo Cheese Ravioli ♥ Vegetarian Chicken Strips ▼  Whole Grain Breadstick Sautéed Fresh Broccoli Mandarin Oranges  Snack: Whole Grain Pretzels Apple Juice	<b>Nov 1</b> <b>Breakfast</b> Whole Grain Croissant Chicken Sausage Link 4 oz Orange Juice Fruited Yogurt, 1% Milk  <b>Lunch</b> Black Bean & Tomato Salad  Sweet & Spicy Chicken Wings Grilled Veggie Chicken Caesar Salad ▼  Lemon Zest Brown Rice Roasted Zucchini Fresh Strawberries  Snack: Teddy Grahams Fruit Cup	<b>2</b> <b>Breakfast</b> Sliced Apples Whole Grain Mini Pancakes 1% Milk  <b>Lunch</b> Beef Hot Dog Grilled Cheese Vegetarian Chili ▼  Whole Grain Bun Marinated Cucumbers Banana  Snack: Multigrain Sunchips Apple	<b>3</b> <b>Breakfast</b> Mandarin Oranges Whole Grain Cereal Fruited Yogurt 1% Milk  <b>Lunch</b> Brazilian Salad  Whole Grain Fish Sticks ♥ Vegetarian Chicken Strips ▼  Whole Grain Roll Roasted Green Beans Macaroni & Cheese Cut Melon or Chilled Peaches
<b>6</b> <b>Breakfast</b> Fruit Cup Whole Grain Honey Biscuit Chicken Tender 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 Sliced Apples  Snack: Yogurt Whole Grain Pretzels	<b>7</b> <b>Breakfast</b> Banana Whole Grain Blueberry Muffins Scrambled Eggs 1% Milk  <b>Lunch</b> Orange Romaine Salad  Sliced Grilled Chicken ♥ Beef Flank Steak Veggie Grilled Chick'N Strips ▼  Whole Grain Roll Crispy Fries Sweet Skillet Corn Chilled Pineapple  Snack: Nutrigrain Cereal Bar Cheese Stick	<b>8</b> <b>Breakfast</b> Oranges Whole Grain Bagel Turkey Sausage Patty Fruited Yogurt 1% Milk  <b>Lunch</b> Spinach & Fruit Salad  BBQ Meatballs BBQ Vegan Meatballs ♥▼  Lemon Zest Brown Rice Honey Glazed Carrots Banana  Snack: Peach Cup Teddy Grahams	<b>9</b> <b>Breakfast</b> Sliced Apples Pancake on a Stick Smoothie 1% Milk  <b>Lunch</b> Tomato Basil Salad  Southwest Chicken Wrap Vegetarian Southwest Wrap ▼  Whole Grain Tortilla Sun Chips Peach Cup	<b>10</b>  <p><b>Thank You!</b>  <b>VETERANS DAY</b></p>
<b>13</b> <b>Breakfast</b> Fruit Salad Whole Grain Croissant Chicken Sausage Patty Potatoes Whole Grain Cereal, Fruited Yogurt, 1% Milk  <b>Lunch</b> Marinated Vegetable Salad  Breaded Chicken Sandwich Grilled Veggie Chick'N Caesar Sandwich ▼  Whole Grain Bun ♥ Sun Chips Black Eyed Pea Salsa Oranges  Snack: WG Popcorn Peach Cup	<b>14</b> <b>Breakfast</b> Sliced Apples Whole Grain Honey Biscuit Turkey Sausage 1% Milk  <b>Lunch</b> Orange Romaine Salad  Steak Quesadilla Vegetarian Steak Quesadilla ♥▼  Whole Grain Tortilla Roasted Sweet Potato Fries Peaches  Snack: Sunchips Fruit Juice	<b>15</b> <b>Breakfast</b> Banana Whole Grain Pop Tart Scrambled Eggs Fruited Yogurt 1% Milk  <b>Lunch</b> Chopped Salad  Jamaican Jerk Chicken Wings Vegan Jamaican Jerk Chick'N Strips ▼  Whole Grain Yellow Rice ♥ Sautéed Fresh Broccoli Pineapple  Snack: Yogurt Graham Crackers	<b>16</b> <b>Breakfast</b> Fresh Grapes Whole Grain Cinnamon Bun Turkey Bacon 1% Milk  <b>Lunch</b> South Beach Chopped Salad  Beef Hot Dog Vegetarian Meatball Sub ▼  Whole Grain Bun Roasted French Fries Oranges  Snack: Sliced Apples Whole Grain Goldfish	<b>17</b> <b>Breakfast</b> Oranges Whole Grain Cereal Fruited Yogurt 1% Milk  <b>Lunch</b> Chef Salad  Grilled Cheese Sandwich Veggie Wrap ▼  Whole Grain Bread Tomato Soup Baby Carrots w/Ranch Dressing Banana

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

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



**Vegetarian Option ▼**  
**Low Fat Option ♥**  
**Healthier Option ■**



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

## SEED School of Washington DC Breakfast & Lunch Menu