

JANUARY 15 - FEBRUARY 9

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

February is National Cherry Month!

Cherries have been enjoyed by food lovers for centuries. Their ruby-red color and tangy taste won cherries a place on the tables of Roman conquerors, Greek citizens and Chinese noblemen. Cherries were brought to America by ship with early settlers in the 1600s.

Cherries are grouped according to taste into sweet and sour types. Within each of these groups, cherries are classified on the basis of the color and firmness of their flesh. In general, the darker the cherry the sweeter its flavor, but there are exceptions such as yellow cherry varieties.

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.

Jan 15



16

Breakfast
 Apple Slices or Fresh Fruit
 Whole Grain Bagel
 Whole Grain Cereal, Strawberry Gogurt,
 1% Milk or Fat Free Milk

Lunch
 Lemon Greek Chicken
 Veggie Hummus ♥▼

Brown Rice
 Tabouli
 Stir Fried Veggies
 Fresh Fruit or Fresh Fruit Salad

Snack: Whole Grain Pretzel Fish
 Fruit Cup

17

Breakfast
 Fresh Fruit or Orange Juice Cup
 Warm Maple French Toast
 Whole Grain Cereal, Fruited Yogurt,
 1% Milk or Fat Free Milk

Lunch
 Buffalo Chicken Bites
 Buffalo Tofu Bites ♥▼

Brown Rice Pilaf
 Parmesan Zucchini Sticks
 Tomato Basil Salad
 Fresh Asian Pear or Fresh Fruit

Snack: WG Popcorn
 Apple Slices

18

Breakfast
 Fresh Berries or Fresh Fruit
 Yogurt Parfait, Whole Grain Pop Tart
 String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Chicken & Roasted Pepper Quesadilla
 Cheese Quesadilla ♥▼

Whole Grain Tortilla
 Roasted Carrots
 Black Bean & Corn Salad
 Grapes or Fresh Fruit

Snack: Teddy Grahams
 Yogurt

19

Breakfast
 Banana or Fresh Fruit
 Whole Grain Chicken Biscuit
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Southwest Philly Cheesesteak
 Southwest Veggie Cheesesteak ♥▼

Whole Grain Sub Roll
 Cranberry Broccoli Salad
 Roasted Potato Wedges
 Cut Melon or Fresh Fruit

22

Breakfast
 Clementine or Fresh Fruit
 Whole Grain Mini Pancakes
 Nutrigrain Bar, String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Cantaloupe & Mint Salad
 BBQ Chicken
 BBQ Vegan Chicken ▼

Barley & Wild Rice Pilaf
 Baby Peas w/Lemon
 Fresh Baby Carrots w/Ranch Dressing
 Fresh Fruit

Snack: Nutrigrain Cereal Bar
 Mandarin Oranges

23

Breakfast
 Apple Juice or Fresh Fruit
 Whole Grain Blueberry Muffin
 Strawberry Smoothie
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Sliced Pork or Diced Chicken
 Vegetable Broth
 Diced Tofu ▼

Whole Grain Spaghetti Noodles
 Marinated Edamame
 Chili & Garlic Bok Choy
 Apple Slices or Fresh Fruit

Snack: Whole Grain Pretzels
 Apple Juice

24

Breakfast
 Fresh Fruit
 Whole Grain Toast, Whole Grain Bagel
 Scrambled Eggs
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Beef or Turkey Hot Dog
 Grilled Cheese ▼
 Tomato Soup

Whole Grain Bun
 Marinated Cucumbers
 Fresh Watermelon or Fresh Fruit

Snack: Teddy Grahams
 Fruit Cup

25

Breakfast
 Banana or Fresh Fruit
 Apple Cinnamon Overnight Oats
 Popart, String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Blackeyed Pea Salad
 Chicken Salad Sandwich on Croissant
 Black Bean Hummus ▼

Pita Bread Triangles
 Whole Grain Bun
 Fresh Vegetable Crudite
 Strawberries or Fresh Fruit

Snack: Multigrain Sunchips
 Apple

26

Breakfast
 Fresh Pear or Fresh Fruit
 Bacon, Egg & Cheese Croissant
 Croissant
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Brazilian Beef
 Pico de Gallo, Shredded Cheese & Lettuce
 Spiced Black Beans Entree

Whole Grain Brown Rice
 Baked Plantains
 Chili Roasted Carrots
 Cilantro Lime Jicama Slaw
 Orange Sections or Fresh Fruit

29

Breakfast
 Fresh Fruit or Citrus Fruit Salad
 Blueberry Waffle
 Whole Grain Croissant, String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 BBQ Pulled Pork or BBQ Chicken Salad
 Hot Spiced Apples
 BBQ Vegan Chicken ▼

Whole Grain Crust
 Vegetarian Baked Beans
 Banana or Fresh Fruit

Snack: Yogurt
 Whole Grain Pretzels

30

Breakfast
 Apple Slices or Fresh Fruit
 Whole Grain Bagel, Gogurt
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Beef Chili or White Chicken Chili ♥
 Black Bean & Sweet Potato Chili ▼

Whole Grain Tortilla Chips
 Baked Potato
 Sweet Skillet Corn
 Cornbread
 Cut Melon or Fresh Fruit

Snack: Nutrigrain Cereal Bar
 Cheese Stick

31

Breakfast
 Fresh Grapes or Fresh Fruit
 Southwestern Breakfast Burrito
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Fresh Fruit Salad
 Chicken Curry
 Chickpea Marsala ♥▼

Brown Rice
 Pita Bread Triangles
 Honey Glazed Carrots
 Sautéed Spinach
 Banana

Snack: Peach Cup
 Teddy Grahams

Feb 1

Breakfast
 Grapefruit Sections or Fresh Fruit
 Whole Grain Pop Tart
 Yogurt Parfait, String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Whole Grain Pasta Salad
 Chicken Tenders
 Vegetarian Chicken Nuggets

Whole Grain Biscuit
 Cucumber Sticks w/Ranch Dressing
 Sweet Potato Fries
 Applesauce or Fresh Fruit

Snack: Cheezits
 Apple Juice

2

Breakfast
 Banana or Fresh Fruit
 Whole Grain Pancake
 Chicken Sausage
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Flatbread Pepperoni Pizza
 Flatbread Cheese Pizza
 Veggie Burgers ♥▼

Whole Grain Bun
 Marinated Tomatoes
 Herb Roasted Carrots
 Fresh Pears

5

Breakfast
 Red Delicious Apple or Fresh Fruit
 Ham & Cheese on Whole Grain Croissant
 Trix Breakfast Bar, String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Swedish Meatballs
 Vegetarian Meatballs

Brown Rice Pilaf ♥
 Macaroni & Cheese
 Jicama & Celery Stick w/Ranch Dressing
 Spiced Black Beans
 Fresh Fruit or Grapes

Snack: WG Popcorn
 Peach Cup

6

Breakfast
 Orange Juice Cup or Fresh Fruit
 Whole Grain Cereal
 Peach Smoothie
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Teriyaki Chicken
 Teriyaki Tofu
 Veggie Grilled Chicken Strips ♥▼

Whole Grain Noodles
 Fried Brown Rice
 Fresh Steamed Broccoli
 Orange Slices or Fresh Fruit

Snack: Sunchips
 Fruit Juice

7

Breakfast
 Fresh Fruit or Banana
 Whole Grain Honey Biscuit
 Banana Bread, Hard Boiled Egg
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Cool Asparagus & Pea Salad
 Ham & Cheese Sub
 Lentil Salad ▼

Whole Grain Sub Roll ♥
 Quinoa
 Italian Baked Tomato Halves
 Apple Slices or Fresh Fruit

Snack: Yogurt
 Graham Crackers

8

Breakfast
 Banana or Fresh Fruit
 Whole Grain Pop Tart
 Blueberry Muffin, String Cheese
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Lentil Salad
 Lemon Baked Tilapia
 Cheese Ravioli in Marinara Sauce ▼

Brown Rice Pilaf
 Roasted Green Beans
 Fresh Baby Carrots w/Ranch Dressing
 Fresh Berries or Fresh Fruit

Snack: Sliced Apples
 Whole Grain Goldfish

9

Breakfast
 Fresh Fruit or Fruit Salad
 Whole Grain English Muffin
 w/Egg, Cheese & Turkey Bacon
 Egg, Cheese & Turkey Bacon
 Whole Grain Cereal, Fruited Yogurt
 1% Milk or Fat Free Milk

Lunch
 Chicken Caesar Wrap
 Hummus & Toasted Veggie Wrap ▼

Whole Grain Tortilla
 Cucumber & Bell Pepper Crudite
 Roasted Potato Wedges
 Apple Slices

SEED School of Washington DC
Breakfast & Lunch Menu