

MARCH 11 - APRIL 5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

March is National Nutrition Month!

Did You Know???

Thomas Jefferson, the third president of the United States, first tasted Mac and Cheese in Paris and introduced the dish to America.

A mushroom contains 92% water.

The strawberry is the only fruit in the world with seeds on the outside.

In the 1830s ketchup was considered medicine.

Cheesecake originated in Greece.



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

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

11

Beef Noodle Soup
Tortellini Pasta Salad
Spring Vintner's Salad w/Sunflower Seeds

Country Fried Steak
Roasted Turkey Breast
Caribbean Vegetable Stew

Baked Sweet Potato
Brown Butter Sauteed Broccoli
Farmer's Market Vegetable
Parker House Roll
Shortcake Bar

12

French Mushroom Soup
Meriwether's Three Bean Salad
Chopped Club Salad

Pork Carnitas Fajita
Chicken Fajita
Spicy Vegan Black Bean Tostada

Green Rice
Sauteed Squash & Onions
Farmer's Market Vegetable
Mexican Pinto Beans
Sopaipillas
Chocolate Sauce & Honey

13

Potato Cheddar Soup
Brussels Sprout Salad w/Cranberries
Classic Caesar Salad

Thai Beef & Peppers
Spicy Coconut Ground Chicken
Tofu w/Thai Curry Sauce

Rice Vermicelli Noodles
Thai Style Grilled Vegetables
Farmer's Market Vegetable
Thai Carrot Salad
Thai Mango Pudding

14

No Dining Service

15

Professional Development Day

18

Spicy Thai Chicken Soup
Dilled Seafood Salad
Great Green Salad

Cheeseburger Pie
Chicken Pot Pie
Roasted Vegetable & White Bean Pot Pie

Chive Mashed Potatoes
Honey Ginger Carrots
Farmer's Market Vegetable
Warm Rustic Breads & Spreads Bar
Warm Chunky Applesauce
Raspberry White Chocolate Bread Pudding
Vanilla Ice Cream

19

Cream of Broccoli Soup
Greek Orzo Salad w/Mustard Dill Vinaigrette
Sweet & Spicy Kale Salad

General Tso's Chicken
Five Spice Rubbed Pork Tenderloin
Mongolian Glazed Tofu

Scallion Rice
Stir Fried Vegetables
Farmer's Market Vegetable
Warm Naan Bread
Chicken Pot Stickers
Coconut Pudding
Cinnamon Whipped Topping

20

Loaded Baked Potato Soup
Cucumber, Mango & Radish Salad
Curried Chicken Salad
Greens w/Avocado & Sunflower Seeds

Hearty Texas Beef Chili
Turkey Chili
Black Bean & Butternut Chili

Tater Tots
Chili Garlic Roasted Broccoli
Farmer's Market Vegetable
Housemade Combread Muffin
Fritos
Key Line Pie
Whipped Topping

21

Beef Noodle Soup
Ranch Potato Salad
Citrus Spinach Salad

Butter Chicken
Tilapia in Bengali Mustard Sauce
Butter Tofu

Jasmine Rice
Garlic Sauteed Spinach
Farmer's Market Vegetable
Warm Pita Bread
Spicy Breaded Green Beans
Chocolate Eclair Pie
Vanilla Sauce

22

No Dining Service

25

Cream of Mushroom Soup
Soup du Jour
Spicy Chickpea Salad
Egg Salad
BLT Salad w/Basil Mayo

Fried Chicken
Herb Roasted Chicken Breast
Korean Fried Cauliflower

Macaroni & Cheese Bar
Sauteed Squash & Onions
Farmer's Market Vegetable
Buttermilk Biscuit
Pimento Cheese
Chocolate Mousse

26

Spicy Pesto Vegetable Soup
Steak & Potato Soup
Turkey Salad w/Grapes
Cobb Salad

Grilled Center Cut Pork Chop
Roasted Turkey Breast
Grilled Portobello Mushrooms

Mashed Potatoes
Sauteed Green Beans w/Pears
Farmer's Market Vegetable
Warm Parker House Roll
Cornbread Dressing
Peach Crumb Bars
Vanilla Ice Cream

27

Creamy Potato Soup
Curried Chicken Soup
Farro Salad w/Tomatoes & Herbs
Balsamic Tuna Salad
Mixed Lettuce Salad & Herb Vinaigrette

Slow Cooked BBQ Brisket
Roasted Cod w/Tomato Ginger Sauce
Vegan Beef Tips w/Mushrooms & Peppers

Baked Potato
Creamed Spinach
Caramelized Brussel Sprouts
Ciabatta Roll
Onion Rings
Ice Cream Sundae Bar

28

Soup du Jour
Chili Cheese Chowder
Tangy Broccoli Salad
Kale & Butternut Chipped Salad

Fisherman's Platter
Sweet & Stick Chicken Leg
Battered Fishless Fillet

Curly Fries
Roasted Butternut Squash
Farmer's Market Vegetable
Cheddar Bay Biscuit
Coleslaw
Cheesecake

29

No Dining Service

Apr 1

Tortellini Vegetable Soup
Chicken Parmesan Soup
Cannellini Bean & Olive Salad
Mediterranean Salad

Chicken Marsala
Cuban Spice Rubber Pork Loin
Grilled Portobello Marsala

Roasted Sweet Potatoes
Brown Butter Sauteed Broccoli
Crusty Rosemary Olive Oil Bread
Caprese Platter
Chocolate & Vanilla Cupcakes

2

Roasted Red Pepper Soup
Sausage & Kale Soup
Barley Salad
Egg & Bacon Salad
Romaine Salad w/Dried Cranberries & Feta

Grape Jelly Meatballs
Peel & Eat Shrimp
Vegan Sweet & Sour Meatballs

Chili Cheese Tots
Tomatoes Baked w/Cheese
Farmer's Market Vegetable
Warm Parker House Roll
Hot Spinach & Cheddar Dip
Chocolate Fondue Bar

3

Chicken Tortilla Soup
Chipotle Sweet Potato Salad
Tarragon Chicken Salad
Tuscan Kale Caesar

Chicken Fingers
Turkey Bacon & Spinach Quiche
Blueberry French Toast Bake
Vegan "Just Egg" Onion & Cheddar Scramble

O'Brien Potatoes
Maple Acorn Squash
Farmer's Market Vegetable
House Baked Blueberry Muffin
Cinnamon Apples
Smoothie Bar

4

Cream of Broccoli Soup
Steak & Potato Soup
Shrimp Salad
Crunchy Spinach Salad

Double Cheese Meatloaf
Rotisserie Style Roasted Chicken
Meatless Lentil Loaf

Mashed Potatoes
Roasted Green Beans
Farmer's Market Vegetable
Rustic Bread & Spreads
Southern Corn Pudding
Cannoli

5

No Dining Service

SEED School of Washington DC Dinner Menu