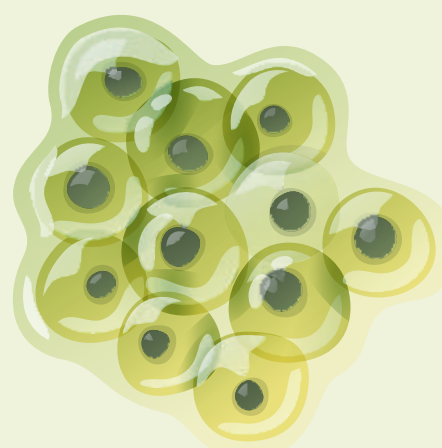
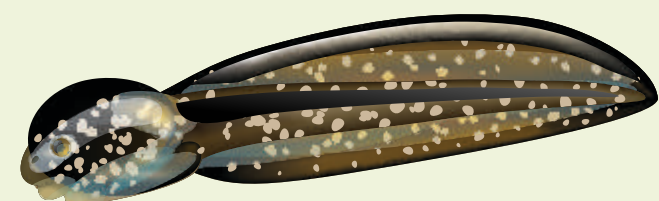


Life Cycle of a Frog



The **Egg** is the first phase of the life cycle of a frog. A frog begins life as a fertilized egg. A female frog lays a lot of eggs (thousands of eggs at once) usually in or near water. Eggs are covered in a jelly-like substance which makes them slippery. The jelly protects them from other animals eating the eggs. Now the eggs are ready to hatch into tadpoles.



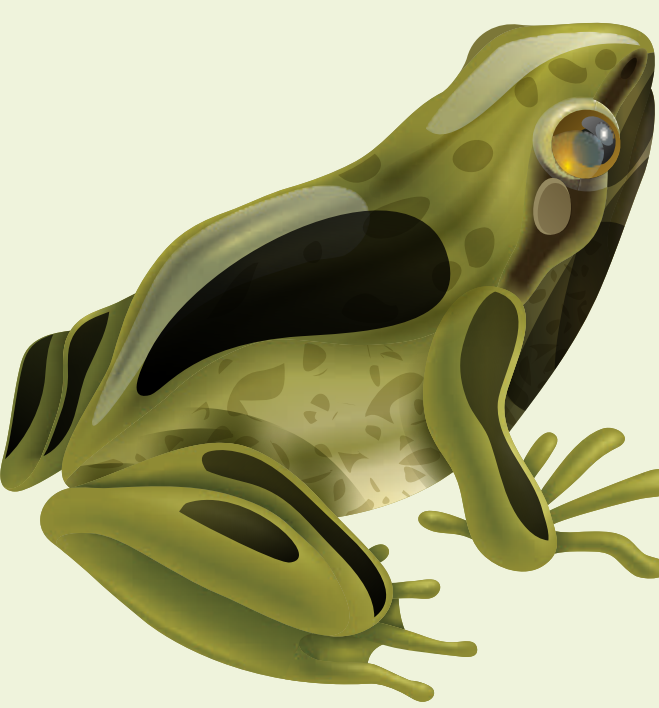
The **Tadpole** is the second phase of a frog's life cycle. A tadpole hatches from an egg. When the tadpole hatches, it has no legs. It breathes using gills and moves like a fish. It uses its long tail to swim. Tadpoles eat small water plants and algae. It looks more like a fish than a frog.



As it matures, the tadpole begins to have two hind legs and has a long body along with its head. With the help of its two hind legs, it can easily jump around instead of just swimming. It is developing lungs, so that it can also breathe out of water when it becomes a frog. With all these changes, the tadpole looks a bit more like a small frog. It takes about 21 days for tadpoles to form.



Froglet is the third stage of a frog's life cycle. In this stage the lungs and two front legs also grow. Its long tail becomes shorter and shorter. Due to the lungs, the froglet also floats above the water to breathe air. At this stage of the life cycle, a froglet does not require anything else to eat because it uses the nutrients stored in its tail as food. Now it looks like a young frog.



The **Adult Frog** is the fourth and final stage of its life cycle. Now it is perfectly fit to leave the water and live on the land. The frog's tail disappears completely and the frog starts eating insects. The mother frogs return to the water to lay eggs, and the life cycle of a frog begins again.

National Frog Month

APRIL 8 - MAY 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

8	<p>Breakfast Applesauce or Fresh Fruit Whole Grain Egg & Cheese Biscuit Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Chopped Salad</p> <p>Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Flatbread Pizza ♥▼</p> <p>Whole Grain Flatbread Roasted Green Beans Diced Peach Cup or Fresh Fruit</p> <p>Snack: Whole Grain Goldfish Apple Juice</p>	9	<p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel Whole Grain Cereal, Strawberry Gogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Lemon Greek Chicken Veggie Hummus ♥▼</p> <p>Brown Rice Tabouli Stir Fried Veggies Fresh Fruit or Fresh Fruit Salad</p> <p>Snack: Whole Grain Pretzel Fish Fruit Cup</p>	10	<p>Breakfast Fresh Fruit or Orange Juice Cup Warm Maple French Toast Trix Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk or Fat Free Milk</p> <p>Lunch Buffalo Chicken Bites Buffalo Tofu Bites ♥▼</p> <p>French Fries Parmesan Zucchini Sticks Tomato Basil Salad Fresh Asian Pear or Fresh Fruit</p> <p>Snack: WG Popcorn Apple Slices</p>	11	<p>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</p> <p>Lunch Chicken & Roasted Pepper Quesadilla Cheese Quesadilla ♥▼</p> <p>Whole Grain Tortilla Roasted Carrots Black Bean & Corn Salad Grapes or Fresh Fruit</p>	12	<p>Professional Development</p>
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15	16	17	18	19
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Spring Break

22	<p>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</p> <p>Lunch Classic Potato Salad</p> <p>BBQ Pulled Pork or BBQ Chicken Salad Hot Spiced Apples BBQ Vegan Chicken ▼</p> <p>Whole Grain Crust Vegetarian Baked Beans Banana or Fresh Fruit</p> <p>Snack: Yogurt Whole Grain Pretzels</p>	23	<p>Breakfast Apple Slices or Fresh Fruit Whole Grain Bagel, Gogurt Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Beef Chili or White Chicken Chili ♥ Black Bean & Sweet Potato Chili ▼</p> <p>Whole Grain Tortilla Chips Baked Potato Sweet Skillet Corn Combread Cut Melon or Fresh Fruit</p> <p>Snack: Nutrigrain Cereal Bar Cheese Stick</p>	24	<p>Breakfast Fresh Grapes or Fresh Fruit Southwestern Breakfast Burrito Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Fresh Fruit Salad</p> <p>Chicken Curry Chickpea Marsala ♥▼</p> <p>Brown Rice Pita Bread Triangles Honey Glazed Carrots Sautéed Spinach Banana</p> <p>Snack: Peach Cup Teddy Grahams</p>	25	<p>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</p> <p>Lunch Whole Grain Pasta Salad</p> <p>Chicken Tenders Vegetarian Chicken Nuggets</p> <p>Whole Grain Biscuit Cucumber Sticks w/Ranch Dressing Sweet Potato Fries Applesauce or Fresh Fruit</p> <p>Snack: Cheezits Apple Juice</p>	26	<p>Breakfast Banana or Fresh Fruit Whole Grain Pancake Chicken Sausage Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Flatbread Pepperoni Pizza Flatbread Cheese Pizza Veggie Burgers ♥▼</p> <p>Whole Grain Bun Marinated Tomatoes Herb Roasted Carrots Fresh Pears</p>
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29	<p>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</p> <p>Lunch Swedish Meatballs Vegetarian Meatballs</p> <p>Brown Rice Pilaf ♥ Macaroni & Cheese Celery Stick w/Ranch Dressing Spiced Black Beans Fresh Fruit or Grapes</p> <p>Snack: WG Popcorn Peach Cup</p>	30	<p>Breakfast Orange Juice Cup or Fresh Fruit Whole Grain Cereal Peach Smoothie Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Teriyaki Chicken Teriyaki Tofu Veggie Grilled Chicken Strips ♥▼</p> <p>Fried Brown Rice Fresh Steamed Broccoli Orange Slices or Fresh Fruit</p> <p>Snack: Sunchips Fruit Juice</p>	May 1	<p>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</p> <p>Lunch Cool Asparagus & Pea Salad</p> <p>Ham & Cheese Sub Whole Grain Sun Chips Lentil Salad ▼</p> <p>Whole Grain Sub Roll ♥ Quinoa Italian Baked Tomato Halves Apple Slices or Fresh Fruit</p> <p>Snack: Yogurt, Graham Crackers</p>	2	<p>Breakfast Banana or Fresh Fruit Whole Grain Pop Tart Blueberry Muffin, String Cheese Whole Grain Cereal, Fruited Yogurt 1% Milk or Fat Free Milk</p> <p>Lunch Lentil Salad</p> <p>Lemon Baked Tilapia Cheese Ravioli in Marinara Sauce ▼</p> <p>Brown Rice Pilaf Roasted Green Beans Fresh Baby Carrots w/Ranch Dressing Fresh Berries or Fresh Fruit</p> <p>Snack: Sliced Apples Whole Grain Goldfish</p>	3	<p>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</p> <p>Lunch Chicken Caesar Wrap Hummus & Toasted Veggie Wrap ▼</p> <p>Whole Grain Tortilla Cucumber & Bell Pepper Crudite Roasted Potato Wedges Apple Slices</p>
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SEED School of Washington DC Breakfast & Lunch Menu