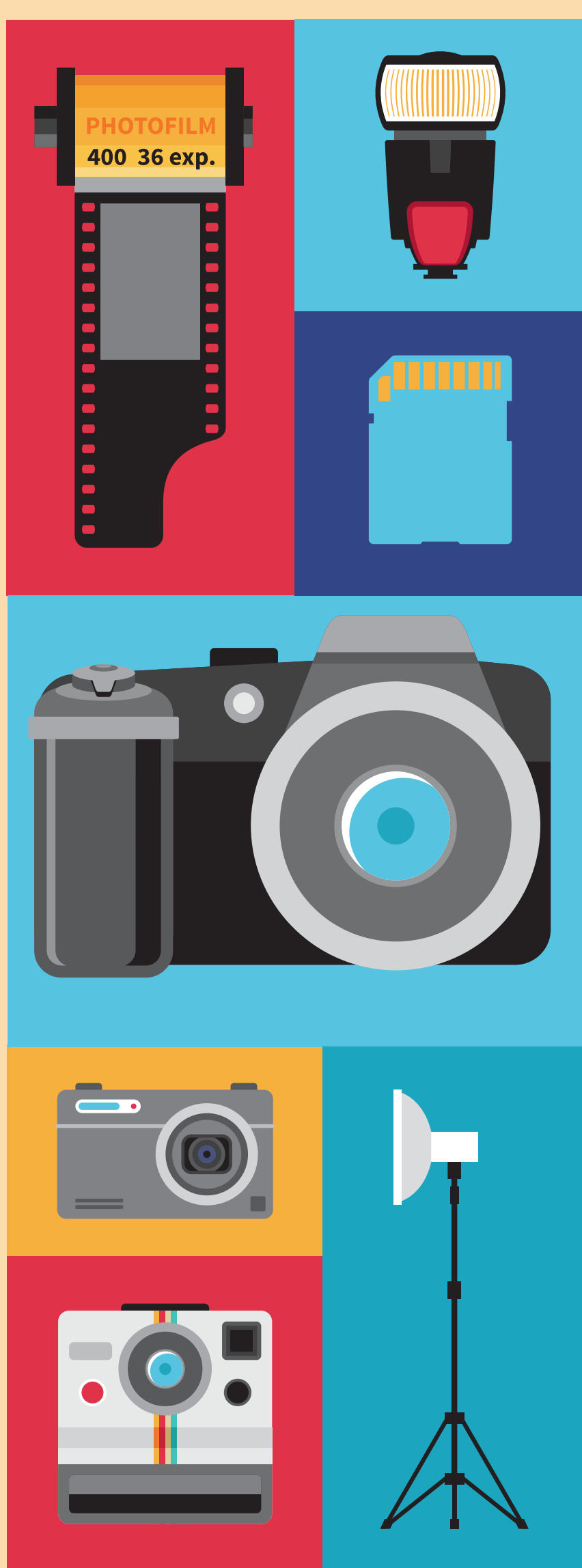


MAY 8 - JUNE 2

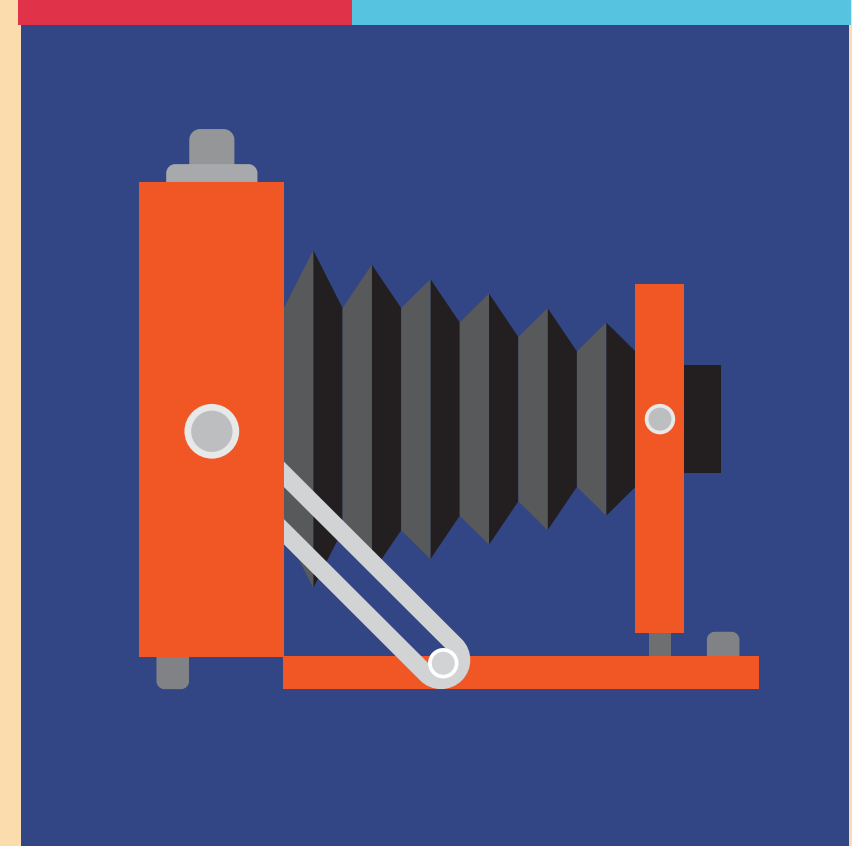
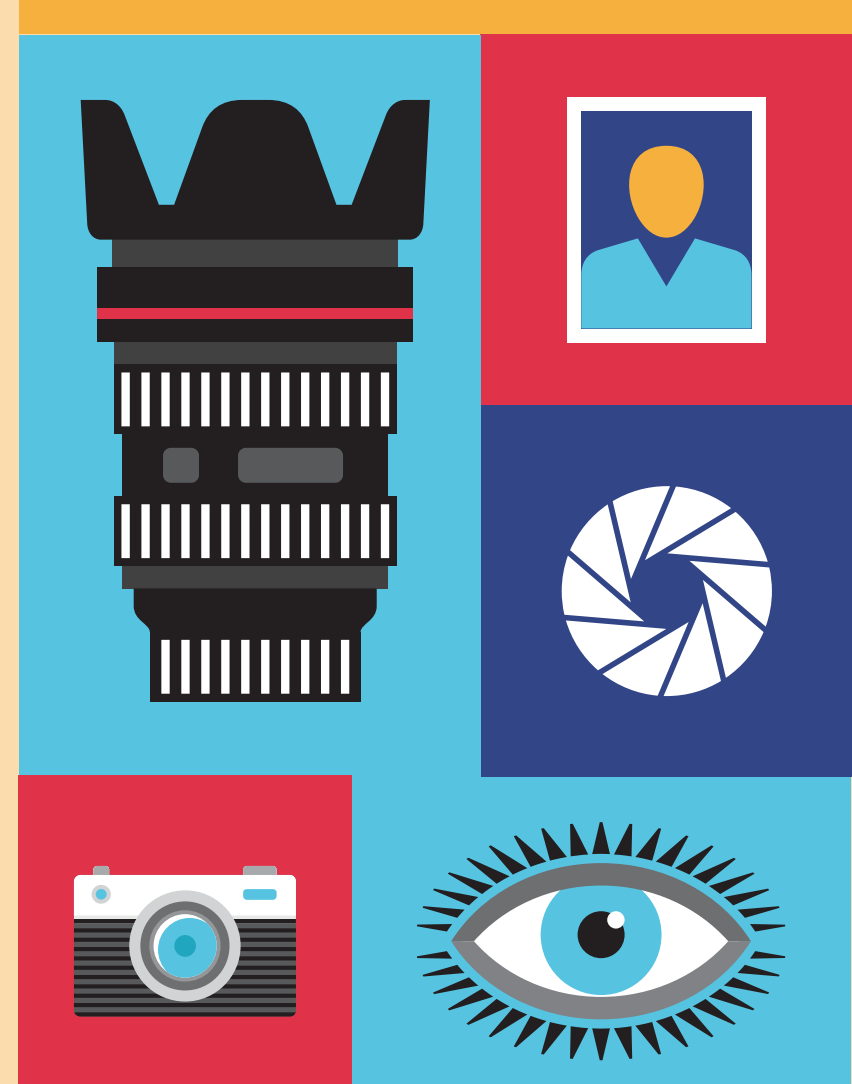
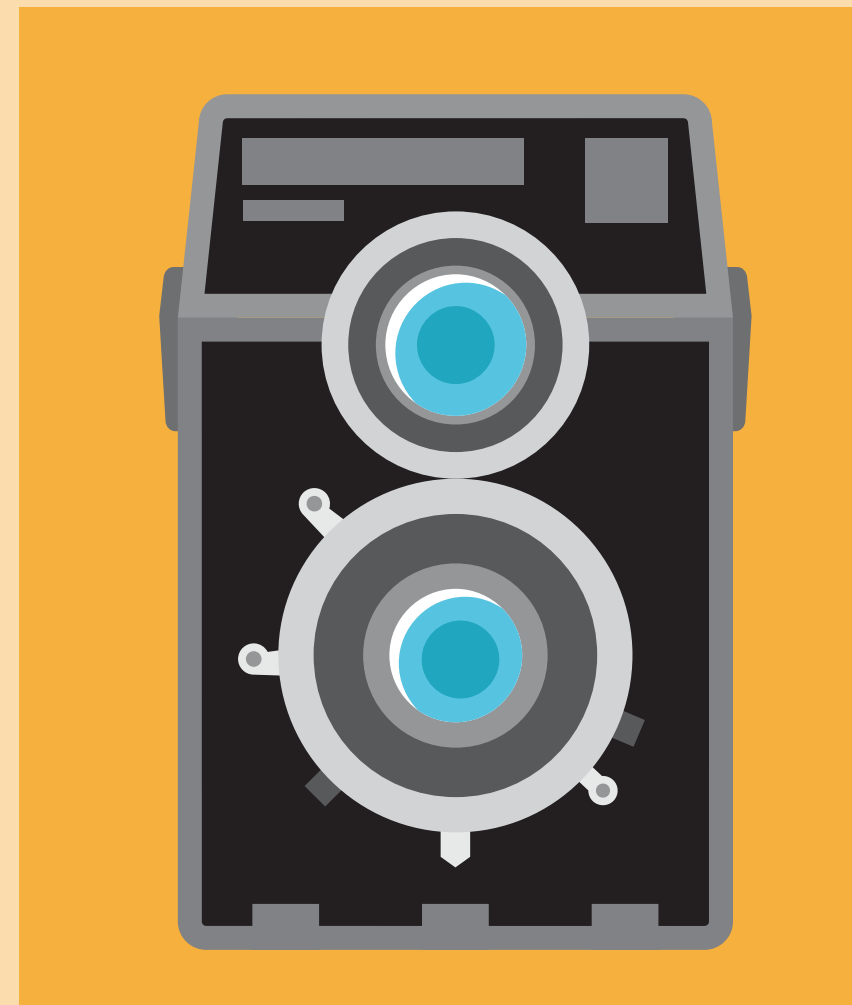


Photographs, properly cared for, are like time machines. They are snapshots into our history, our ancestry and our legacies from the past. They freeze an instant in time and give us a window into the lives of those who came before us.

May is National Photography Month.

A good snapshot keeps a moment from running away.

-Eudora Welty



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Breakfast Red Delicious Apple Egg & Cheese Biscuit Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Chef Salad Jumbo Cheese Ravioli Vegan Pasta w/Vegetables ♥▼ Whole Grain Breadstick Oven Roasted Green Beans Diced Peaches Snack: Whole Grain Goldfish Apple Juice	9 Breakfast Banana Whole Grain Croissant Turkey Sausage Patty Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Oriental Bar Asian Spinach Salad Bourbon Beef or Chicken Bourbon Grilled Tofu ♥▼ Fried Brown Rice Stir Fried Vegetables Fresh Fruit Salad Snack: Whole Grain Pretzels Fruit Cup	10 Breakfast Grapes Whole Grain Bagel Turkey Bacon Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Greek Salad Southwest Philly Cheesesteak Southwest Vegetarian Cheesesteak ♥▼ Whole Grain Sub Roll Oven Roasted Carrots Chips Gala Apple Snack: WG Popcorn Apple Slices	11 Breakfast Peach Cup Whole Grain Mini French Toast Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Great Green Salad Whole Grain Pepperoni Pizza Whole Grain Cheese Pizza ♥▼ Whole Grain Crust Fire Roasted Corn Banana Snack: Teddy Grahams Yogurt	12 Breakfast Chilled Pineapples Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Farmer's Salad Chicken Tenders Vegetarian Chicken Salad ♥▼ Whole Grain Biscuit Roasted Potato Wedges Unsweetened Applesauce
15 Breakfast Gala Apple Whole Grain English Muffin Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Brazilian Salad Whole Grain Pepperoni Pizza Whole Grain Cheese Pizza ▼ Peas & Carrots Sweet Potato Fries Fresh Cut Pineapple Snack: Nutrigrain Cereal Bar Yogurt	16 Breakfast Banana Whole Grain Biscuit Turkey Sausage Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Vintners Salad Taco Tuesday Ground Beef Cheese, Salsa, Sour Cream Vegetarian Beef or Chicken ▼ Whole Grain Tortilla Shell Flour Tortilla Mexican Black Beans Chilled Pears Snack: Whole Grain Pretzels, Apple Juice	17 Breakfast Applesauce Cup Whole Grain Croissant Chicken Sausage Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Green Salad Hamburger Cheeseburger Veggie Burger ▼ Whole Grain Hamburger Bun Cucumber Sticks French Fries Fresh Fruit Snack: Teddy Grahams, Fruit Cup	18 Breakfast Cut Melon Whole Grain Mini Pancakes Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Chicken Caesar Salad Herb Roasted Chicken Legs Roasted Vegetarian Chicken Whole Grain Pasta Salad California Vegetable Blend Grapes Snack: Multigrain Sunchips Apple	19 Breakfast Strawberries Egg & Cheese Biscuit Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Brazilian Salad Grilled Cheese Sandwich Roasted Vegetable Sub ▼ Sliced Bread Roasted Green Beans Tomato Bisque Soup Chilled Peaches
22 Breakfast Fruit Cup Whole Grain Biscuit Chicken Tender Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Italian Chopped Salad Hamburger Cheeseburger Veggie Burger ▼ Whole Grain Hamburger Bun Cucumber Sticks French Fries Pineapple Cup Snack: Apple Slices, Sun Chips	23 Breakfast Sliced Apples, Whole Grain Apple Cinnamon Muffins Scrambled Egg Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Romaine Salad w/Parmesan & Roasted Chick Peas Pasta Bar Penne or Spaghetti Noodles ♥ Meat Sauce or Alfredo Sauce w/Chicken Vegetarian Chickin Alfredo ▼ Whole Grain Roll Fresh Baby Carrots w/Ranch Dressing Grapes Snack: Nutrigrain Cereal Bar, Gogurt	24 Breakfast Fresh Fruit Whole Grain Bagel Turkey Sausage Patty Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Black Bean & Tomato Salad Sweet & Spicy Chicken Wings Sweet & Spicy Vegetarian Chicken ♥▼ Whole Grain Macaroni & Cheese Sautéed Spinach Fresh Strawberries Snack: Peach Cup Teddy Grahams	25 Breakfast Mango Fruit Cup Whole Grain Pancake Sausage Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Arugula & Herb Salad Steak & Cheese Quesadilla Vegetarian Chicken Wrap ▼ Mexican Rice Oven Roasted Fresh Vegetables Banana Snack: Whole Grain Goldfish Apple Juice	26 Breakfast Grapes Oatmeal Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Beef or Turkey Hot Dog Grilled Cheese ♥▼ Whole Grain Bun Curly Fries Marinated Cucumbers Tomato Soup Fruit Cup
29 	30 Breakfast Sliced Apples Whole Grain Honey Biscuit Turkey Sausage Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Orange Romaine Salad Noodle Bar Sliced Beef or Chicken Vegetable or Chicken Broth Vegetarian Chicken or Beef ♥▼ Whole Grain Noodles Sweet Skillet Corn w/Cilantro Chilled Pineapple Snack: Sunchips, Fruit Juice	31 Breakfast Banana Whole Grain Carrot & Ginger Muffin Banana & Peach Smoothie Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Breaded Chicken Sandwich Vegetarian Chick'N Strips Whole Grain Bun ♥ Sautéed Yellow Squash Chips Cut Melon Snack: Go-Gurt Graham Crackers	JUN 1 Breakfast Fresh Grapes Whole Grain Mini French Toast Sausage Link Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Dried Cranberry & Blue Cheese Salad Hot Turkey & Cheese Sandwich Sun Chips Grilled Cheese Sandwich ▼ Whole Grain Bun Roasted Green Beans Fresh Fruit Snack: Sliced Apples Whole Grain Goldfish	2 Breakfast Whole Apple Whole Grain Cereal Fruited Yogurt, 1% Milk Lunch Greek Salad Steak or Chicken Gyro Grilled Tofu Gyro ▼ Whole Grain Pita Bread Marinated Tomatoes & Cucumbers Roasted Sweet Potato Wedges Chilled Fruit Cup

The "Healthier" indication on Entrees means 350 cal, 5 g sat. fat, on 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.

SEED School of Washington DC Breakfast & Lunch Menu