

# AUGUST 28 - SEPTEMBER 22

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

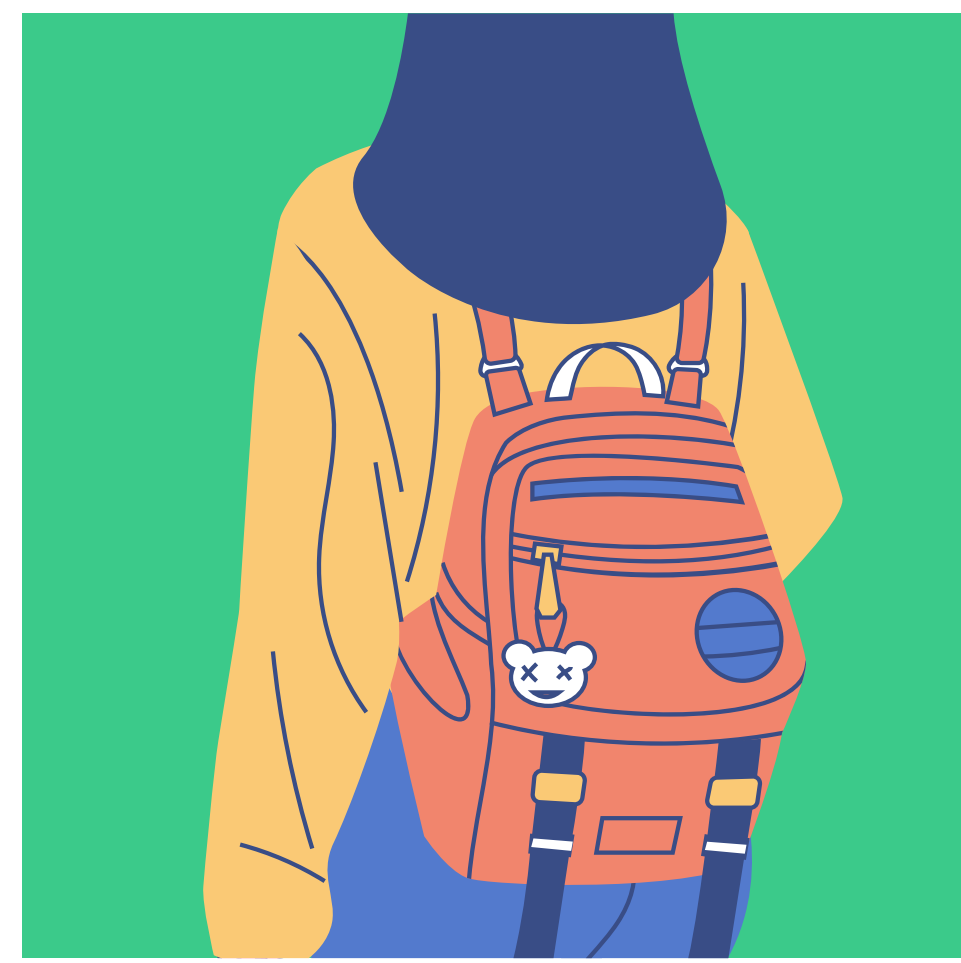
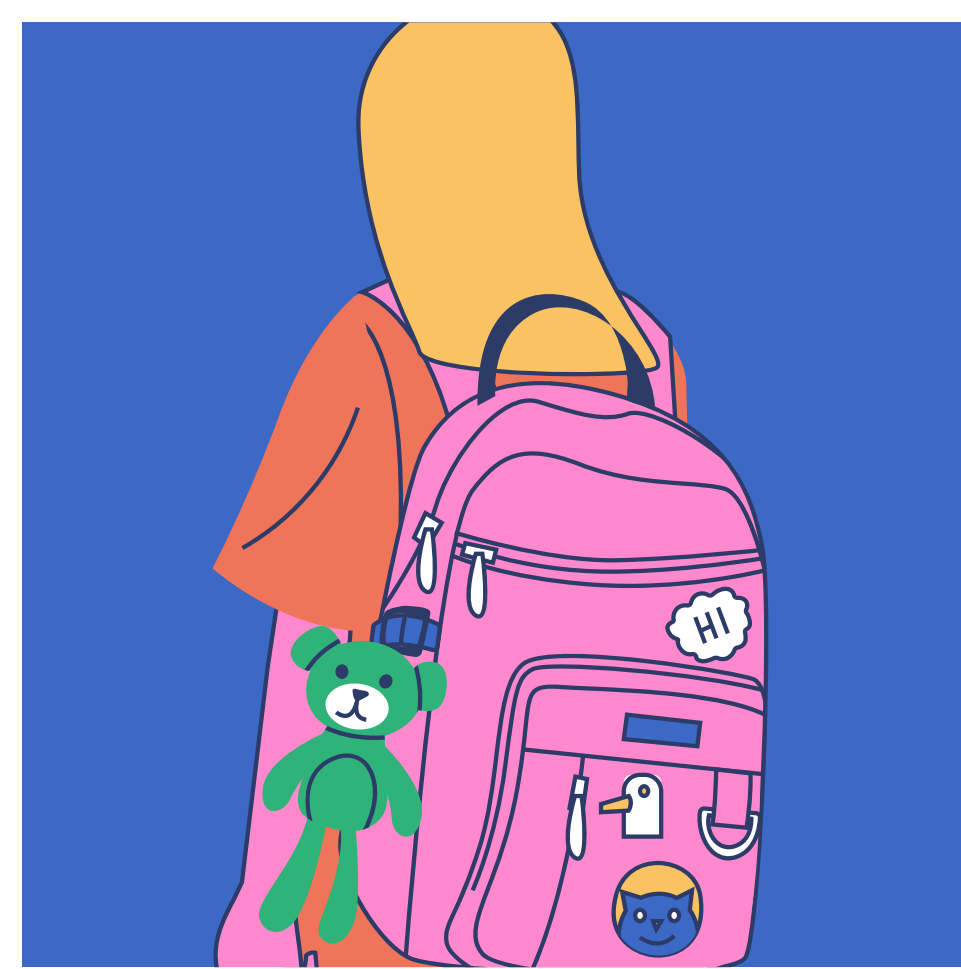
The "Healthier" ■ indication on Entrees means <350 cal, <5 g sat. fat, on Soup, Salad, Sides means <250 cal, <5 g sat. fat, on Baked Goods means <230 cal, <5 g fat

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

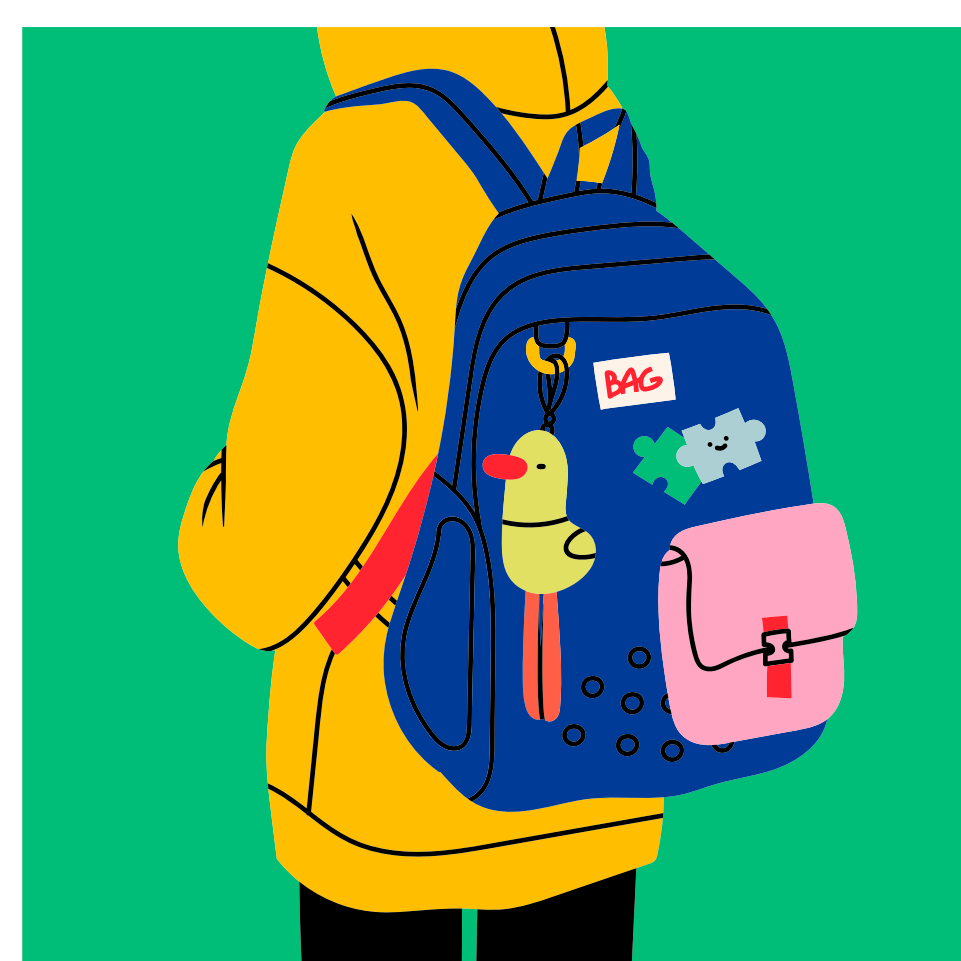
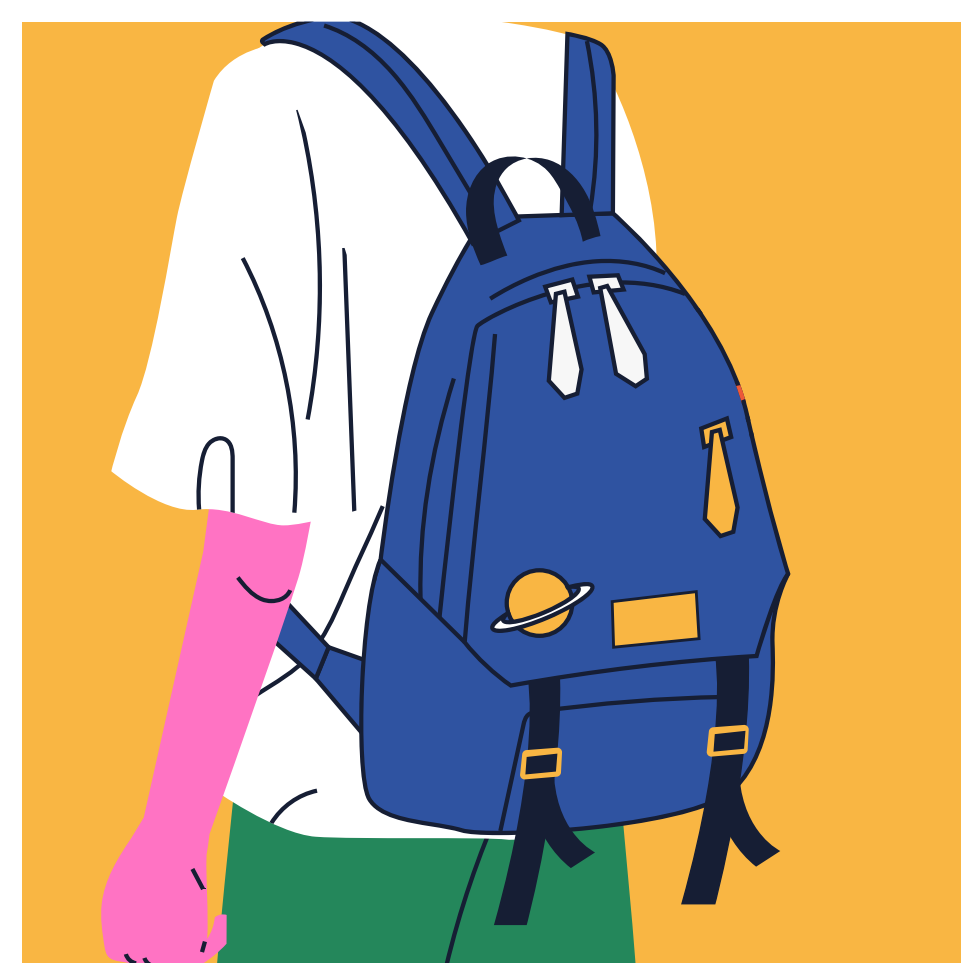
Vegetarian Option ▼  
Low Fat Option ♥  
Healthier Option ■



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



September is National Backpack Safety Month!



28	29	30	31	Sep 1
<p>Soup du Jour Grape Feta Salad ■</p> <p>Flank Steak Vegetarian Beef Strips ▼ Fajita Bowl w/Chicken ■</p> <p>Oven Roasted Green Beans Herbed Rice Gravy Dinner Roll Chocolate Cake</p>	<p>Soup du Jour Dried Cranberry &amp; Blue Cheese Salad ■</p> <p>Fish Sandwich Fishless Fish ▼ Baled Chicken ■</p> <p>California Blend Curly Fries Apple Pie</p>	<p>Soup du Jour</p> <p>BBQ Ribs Vegetable Stir Fry/Noodles ▼ Chicken Salad on Wheat ■</p> <p>California Blend Sauteed Cabbage Macaroni &amp; Cheese Cornbread Cookies</p>	<p>Soup du Jour Green Salad ■</p> <p><b>Nacho Bar</b> Beef or Chicken Vegetarian Meat/Nacho Bar ▼</p> <p>Assorted Toppings Sour Cream/Cheese Sauce Jalapenos Shredded Lettuce/Tomatoes Black Olives Ice Cream</p>	Check Out
4	5	6	7	8
No School	<p>Soup du Jour</p> <p>Chicken &amp; Waffles Vegetarian Chicken ♥ ▼ Herbed Baked Chicken ■</p> <p>Oven Roasted Vegetables Ice Cream</p>	<p>Soup du Jour Greens &amp; Smoked Gouda Salad</p> <p>Salisbury Steak Vegetarian Beef Strips ♥ ▼ Eggplant Parmesan ■</p> <p>Roasted Brussel Sprouts Mashed Potatoes/Gravy Dinner Roll Oatmeal Cookies</p>	<p>Soup du Jour Green Salad</p> <p>Orange Chicken Veggie Orange Chicken ♥ ▼ Asian Noodle Bowl w/Veggies ■</p> <p>Garlic Sauteed Broccoli Fried Rice Spring Roll Pudding Cup</p>	Check Out
11	12	13	14	15
<p>Soup du Jour Asian Salad</p> <p>Breakfast for Dinner Eggs, Bacon, Sausage Vegan Breakfast Bake Jus Eggs, Potatoes, Vegan Sausage Spinach Quiche</p> <p>Roasted Vegetables Cheese Grits Potatoes Biscuit Cookies</p>	<p>Soup du Jour</p> <p>Beef Taco Vegetarian Taco ▼ Chicken Salad Sandwich ■</p> <p>Lettuce, Tomato, Shredded Cheese Sour Cream Mexican Rice Ice Cream</p>	<p>Soup du Jour</p> <p>Wing Bar Vegetarian Chicken ▼ Baked Chicken Wings ■</p> <p>Caesar Salad Potato Wedges Juice Box Lemon Cake</p>	<p>Soup du Jour Greek Salad</p> <p>Parmesan Crusted Fish Parmesan Crusted Fishless Fish ▼ Chicken Parmesan ■</p> <p>Roasted Asparagus Basmati Hawaiian Roll Manager's Special</p>	Check Out
18	19	20	21	22
<p>Soup du Jour Farmer's Salad</p> <p>Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken ▼ Honey Garlic Chicken ■</p> <p>Broccoli &amp; Cheese Casserole Herb Roasted Potatoes Buttered Biscuit Apple Pie</p>	<p>Soup du Jour</p> <p>Spaghetti w/Meat Sauce Spaghetti w/Vegetarian Meat Sauce ▼ Eggplant Parmesan ■</p> <p>Garden Salad Garlic Bread Rice Krispie Treat</p>	<p>Soup du Jour</p> <p>SEED Way Sub Sandwich Ham, Turkey, Tuna, Chicken Salad Veggie Sub ▼</p> <p>Lettuce, Tomato, Onion Pickle Potato Chips Cookies</p>	<p>Soup du Jour Spinach &amp; Fruit Salad</p> <p>Steak Quesadilla Vegetarian Quesadilla ▼</p> <p>Sauteed Vegetable Medley Lime &amp; Cilantro Rice Vanilla Cake</p>	Check Out

# SEED School of Washington DC Dinner Menu