

SEPTEMBER 25 - OCTOBER 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 25 Breakfast Applesauce or Fresh Fruit French Toast Croissant Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Chef's Salad BBQ Chicken BBQ Vegetarian Chicken ♥▼ Whole Grain Biscuit Sweet Potato Fries Diced Peach Cup Snack: Whole Grain Goldfish Apple Juice	26 Breakfast Banana or Fresh Fruit Whole Grain Breakfast Muffin Sunshine Smoothie Whole Grain Cereal, 1% Milk Lunch Asian Spinach Salad Teriyaki Beef or Chicken Vegetarian Teriyaki Chicken ♥▼ Lo Mein or Brown Rice Stir Fry Veggies Mandarin Oranges or Fresh Fruit Salad Snack: Whole Grain Pretzel Fish Fruit Cup	27 Breakfast Fresh Fruit or Grapes Whole Grain Egg & Cheese Biscuit Breakfast Bar Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Greek Salad Southwest Philly Cheesesteak Southwest Vegetarian Cheesesteak ♥▼ Whole Grain Sub Roll Oven Roasted Carrots Fresh Strawberries or Fresh Fruit Snack: WG Popcorn Apple Slices	28 Breakfast Peach Cup Chocolate Cherry Overnight Oats Pop Tart String Cheese Whole Grain Cereal, 1% Milk Lunch Great Green Salad Whole Grain Turkey Pepperoni Pizza Whole Grain Cheese Pizza ♥▼ Whole Grain Crust Sweet Buttered Corn w/Cilantro Banana or Orange Sections Snack: Teddy Grahams Yogurt	29 Breakfast Apple Slices Breakfast Burrito Sausage, Egg, Cheese, Potato Egg, Cheese & Potato Burrito Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Farmer's Salad Chicken Tenders Vegetarian Chicken Strips ♥▼ Whole Grain Biscuit Roasted Potato Fries Applesauce
Oct 2 Breakfast Banana Whole Grain Biscuit Cheese Grits Chicken Sausage Patty Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Brazilian Salad Beef Tacos Black Bean Tacos ▼ WG Texas Brown Rice Baby Carrots w/Ranch Dip Pineapple Snack: Nutrigrain Cereal Bar Mandarin Oranges	3 Breakfast Fruit Salad Whole Grain Bagel Turkey Sausage 1% Milk Lunch Orange Romaine Salad Jumbo Cheese Ravioli ♥ Garlic Bread Vegetarian Chicken Strips ▼ Whole Grain Roll Sauteed Fresh Broccoli Mandarin Oranges Snack: Whole Grain Pretzels Apple Juice	4 Breakfast Peaches Banana Oat Breakfast Bar Warm Maple French Toast 4 oz Orange Juice Fruited Yogurt, 1% Milk Lunch Black Bean & Tomato Salad Sweet & Spicy Chicken Wings ♥ Grilled Veggie Chicken Caesar Salad ▼ Lemon Zest Brown Rice Roasted Zucchini Fresh Strawberries Snack: Teddy Grahams Fruit Cup	5 Breakfast Sliced Apples Whole Grain Mini Pancakes Chicken Sausage Link 1% Milk Lunch Beef Hot Dog Grilled Cheese Vegetarian Chili ▼ Whole Grain Bun Marinated Cucumbers Banana Snack: Multigrain Sunchips Apple	6 Professional Development No School for Students
9 No School	10 Breakfast Banana Whole Grain Blueberry Muffins Scrambled Eggs 1% Milk Lunch Orange Romaine Salad Sliced Grilled Chicken ♥ Beef Flank Steak Veggie Grilled Chick'N Strips ▼ Whole Grain Roll Crispy Fries Sweet Skillet Corn Chilled Pineapple Snack: Nutrigrain Cereal Bar Cheese Stick	11 Breakfast Oranges Whole Grain Bagel Turkey Sausage Patty Fruited Yogurt 1% Milk Lunch Spinach & Fruit Salad BBQ Meatballs BBQ Vegan Meatballs ♥▼ Lemon Zest Brown Rice Honey Glazed Carrots Banana Snack: Peach Cup Teddy Grahams	12 Breakfast Sliced Apples Pancake on a Stick Smoothie 1% Milk Lunch Tomato Basil Salad Turkey & Cheese Sub Vegetarian Sub ▼ Whole Grain Bun Sun Chips Peach Cup Snack: Whole Grain Goldfish Apple Juice	13 Breakfast Grapes Whole Grain Cereal Fruited Yogurt 1% Milk Lunch Arugula & Herb Salad Grilled Pub Burgers Veggie Burgers ♥▼ Whole Grain Bun Roasted Potato Wedges Pineapple Cup
16 Breakfast Fruit Salad Whole Grain Croissant Chicken Sausage Patty Potatoes Whole Grain Cereal, Fruited Yogurt, 1% Milk Lunch Marinated Vegetable Salad Grilled Chicken Sandwich Grilled Veggie Chick'N Caesar Sandwich ▼ Whole Grain Pita Chips ♥ Black Eyed Pea Salsa Oranges Snack: WG Popcorn Peach Cup	17 Breakfast Sliced Apples Whole Grain Honey Biscuit Turkey Sausage 1% Milk Lunch Orange Romaine Salad Steak & Cheese Sub Vegetarian Sub ♥▼ Whole Grain Bun Roasted Sweet Potato Fries Peaches Snack: Sunchips Fruit Juice	18 Breakfast Banana Whole Grain Pop Tart Scrambled Eggs Fruited Yogurt 1% Milk Lunch Chopped Salad Jamaican Jerk Chicken Wings Vegan Jamaican Jerk Chick'N Strips ▼ Whole Grain Yellow Rice ♥ Sauteed Fresh Broccoli Pineapple Snack: Yogurt Graham Crackers	19 Breakfast Fresh Grapes Whole Grain Cinnamon Bun Turkey Bacon 1% Milk Lunch South Beach Chopped Salad Beef Hot Dog Vegetarian Meatball Sub ▼ Whole Grain Bun Roasted French Fries Oranges Snack: Sliced Apples Whole Grain Goldfish	20 Breakfast Oranges Whole Grain Cereal Fruited Yogurt 1% Milk Lunch Chef Salad Chicken Tenders Veggie Wrap ▼ Whole Grain Tortilla Whole Grain Sunchips Baby Carrots w/Ranch Dressing Corn O'Brian Banana

October Is National Apple Month!

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.

SEED School of Washington, SC Breakfast & Lunch Menu