

SEPTEMBER 25 - OCTOBER 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sep 25 Soup du Jour Grape Feta Salad ■ Beef Stew Vegetarian Beef Stew ▼ Fajita Bowl w/Chicken ■ Oven Roasted Green Beans Herbed Rice Dinner Roll Chocolate Cake	26 Soup du Jour Dried Cranberry & Blue Cheese Salad ■ Fish or Chicken Sandwich Fishless Fish ▼ Chicken Veggie Wrap ■ California Blend Curly Fries Apple Pie	27 Soup du Jour BBQ Ribs Vegetable Stir Fry/Noodles ▼ Baked Chicken ■ Sauteed Cabbage Macaroni & Cheese Cornbread Cookies	28 Soup du Jour Green Salad ■ Nacho Bar Beef or Chicken Vegetarian Meat/Nacho Bar ▼ Assorted Toppings Sour Cream/Cheese Sauce Jalapenos Shredded Lettuce/Tomatoes Black Olives Ice Cream	29 Check Out
Oct 2 Soup du Jour Green Salad Cheeseburger Veggie Burger ♥ ▼ Roasted Chicken Breast ■ Lettuce & Tomato Bacon/Turkey Bacon French Fries Potato Bun Vanilla Cake	3 Soup du Jour Chicken & Waffles Vegetarian Chicken ♥ ▼ Herbed Baked Chicken ■ Oven Roasted Vegetables Ice Cream	4 Soup du Jour Greens & Smoked Gouda Salad Salisbury Steak or Baked Chicken Vegetarian Beef Strips ♥ ▼ Eggplant Parmesan ■ Roasted Brussel Sprouts Mashed Potatoes/Gravy Dinner Roll Oatmeal Cookies	5 Check Out	6 Professional Development No School for Students
9 No School	10 Soup du Jour Beef Taco Vegetarian Taco ▼ Chicken Salad Sandwich ■ Lettuce, Tomato, Shredded Cheese Sour Cream Mexican Rice Ice Cream Cup	11 Soup du Jour Wing Bar Vegetarian Chicken ▼ Baked Chicken Wings ■ Caesar Salad Potato Wedges Juice Box Lemon Cake Punch	12 Soup du Jour Greek Salad Jamaican Beef Patty Parmesan Crusted Fishless Fish ▼ Chicken Parmesan ■ Garlic Sauteed Cabbage Red Beans & Rice Soft Bread Manager's Special	13 Check Out
16 Soup du Jour Farmer's Salad Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken ▼ Honey Garlic Chicken ■ Broccoli & Cheese Casserole Herb Roasted Potatoes Buttered Biscuit Ice Cream Bar Juice Box	17 Soup du Jour Spaghetti w/Meat Sauce Spaghetti w/Vegetarian Meat Sauce ▼ Eggplant Parmesan ■ Garden Salad Garlic Bread Rice Krispie Treat	18 Soup du Jour SEED Way Sub Sandwich Ham, Turkey, Tuna, Chicken Salad Veggie Sub ▼ Lettuce, Tomato, Onion Pickle Potato Chips Cookies Flavored Water	19 Soup du Jour Spinach & Fruit Salad Steak Quesadilla Vegetarian Quesadilla ▼ Sauteed Vegetable Medley Cilantro Lime Rice Mexican Street Corn Vanilla Cake	20 Check Out

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

**Vegetarian Option ▼
Low Fat Option ♥
Healthier Option ■**



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

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

SEED School of Washington DC Dinner Menu