### Breakfast
- **Monday-Aug 29**
  - Red Delicious Apple
  - Egg & Cheese Biscuit
  - Whole Grain Cereal
  - Fruited Yogurt, 1% Milk
  - Whole grain Pretzels
  - Apple Juice
- **Wednesday-Sep 1**
  - Grilled Chicken Salad
  - Grilled Cheese Sandwich
  - Vegetable Broth
  - Whole grain Cereal
  - Fruited Yogurt, 1% Milk

### Lunch
- **Monday-Aug 29**
  - Chef Salad
  - Grilled Cheese Sandwich
  - Whole grain Cereal
  - Fruited Yogurt, 1% Milk
- **Wednesday-Sep 1**
  - Turkey Sausage Patty
  - Whole grain Cereal
  - Fruited Yogurt, 1% Milk

### Snacks
- **Monday-Aug 29**
  - Whole Grain Goldfish
  - Apple Juice
- **Wednesday-Sep 1**
  - Teddy Grahams
  - Apple Juice

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**Menu subject to change.**

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**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.**

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

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**This Institution is an equal opportunity provider. Menu subject to change.**

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**SEED School of Washington DC Breakfast & Lunch Menu**