<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Red Delicious Apple Egg &amp; Cheese Biscuit Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
<td>Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
<td>Whole Grain Bagel Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
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<tr>
<td>Chef Salad BBQ Chicken Veggie Chicken Whole Grain Cereal</td>
<td>Asian Spinach Salad Orange Bar Teriyaki Beef or Chicken Teriyaki Tofu Fried Brown Rice Stir Fried Vegetables Fresh Fruit Salad</td>
<td>Greek Salad Southwest Philly Cheese Steak Southwest Vegetarian Cheese Steak Whole Grain Sub Roll Oven Roasted Carrots Spiced Pinto Beans Gala Apple</td>
<td>Great Green Salad Whole Grain Turkey Sausage Pizza Whole Grain Cheese Pizza Whole Grain Sub Roll Fire Roasted Corn Banana</td>
<td>Farmers Salad Chicken Tenders Vegetarian Chicken Salad Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
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**Professional Development Day**

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<th>OCT 7</th>
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<th>OCT 9</th>
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<td>Apple</td>
<td>Whole Grain English Muffin Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
<td>Banana Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
<td>Whole Grain Blueberry Muffins Whole Grain Cereal, Fruited Yogurt, 1% Milk</td>
<td>Whole Grain English Muffin Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
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<tr>
<td>Brazilian Salad Whole Grain Pepperoni Pizza Whole Grain Cheese Pizza Peas &amp; Carrots Sweet Potato Fries Fresh Cut Pineapple Snack: Nutri grain Cereal Bar Yogurt</td>
<td>Whole Grain Bagel Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
<td>Whole Grain Roll Fresh Baby Carrots w/Ranch Dressing Grapes</td>
<td>Whole Grain English Muffin Whole Grain Cereal Fruited Yogurt, 1% Milk</td>
<td>Jumbo Cheese Ravioli Cheese Ravioli Whole Grain Breadstick Roasted Green Beans Chilled Peaches</td>
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<tr>
<td>Romaine Salad w/Parmesan &amp; Roasted Chix Peas Pasta Bar Penne or Spaghetti Noodles Meat Sauce or Alfredo Sauce w/Chicken Vegetarian Chick N Alfredo</td>
<td>Whole Grain Tortilla Shell Flour Tortilla Mexican Black Beans Chilled Pears</td>
<td>Whole Grain Roll Fresh Baby Carrots w/Ranch Dressing Grapes</td>
<td>Whole Grain English Muffin</td>
<td>Whole Grain Breadstick Roasted Green Beans Chilled Peaches</td>
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</tbody>
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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**

**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**

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**Breakfast**
- Red Delicious Apple
- Egg & Cheese Biscuit
- Whole Grain Cereal
- Fruited Yogurt, 1% Milk
- Chef Salad
- BBQ Chicken
- Veggie Chicken
- Whole Grain Cereal
  - Fruited Yogurt, 1% Milk
- Asian Spinach Salad
- Orange Bar
- Teriyaki Beef or Chicken
- Teriyaki Tofu
- Fried Brown Rice
- Stir Fried Vegetables
- Fresh Fruit Salad
- Snack: Whole Grain Goldfish Apple Juice

**Lunch**
- Greek Salad
- Southwest Philly Cheese Steak
- Southwest Vegetarian Cheese Steak
- Whole Grain Sub Roll
- Oven Roasted Carrots
- Spiced Pinto Beans
- Gala Apple
- Snack: WG Popcorn Apple Slices
- Whole Grain Bagel
- Whole Grain Cereal
- Fruited Yogurt, 1% Milk
- Greek Salad
- Great Green Salad
- Whole Grain Turkey Sausage Pizza
- Whole Grain Cheese Pizza
- Whole Grain Bagel
- Whole Grain Cereal
- Fruited Yogurt, 1% Milk
- Farmers Salad
- Chicken Tenders
- Vegetarian Chicken Salad
- Whole Grain Cereal
- Fruited Yogurt, 1% Milk

**Breakfast**
- Apple
- Banana
- Whole Grain Bagel
- Whole Grain Cereal
- Fruited Yogurt, 1% Milk
- Whole Grain English Muffin
- Whole Grain Cereal
- Fruited Yogurt, 1% Milk
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