



The SEED School of Maryland

Dining Services Breakfast Menu | July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 July 4th Holiday	5 No Camp Meals This Day	6 Scrambled Eggs Turkey Sausage Links WW Biscuits Apple Jacks & Trix Cereals Pears 100% Orange Juice	7 Whole Grain Pancakes Pork Bacon Home Fried Potatoes Maple Syrup & Margarine Apple Jacks & Trix Cereals Oranges 100% Apple Juice	8 No Camp Meals This Day
11 Warm Golden Waffles Hot Oatmeal w/Brown Sugar & Cinnamon Maple Syrup & Margarine Cinnamon Toast Crunch Cereal Red Delicious Apples 100% Fruit Punch	12 Fried Egg Whole Grain Bagel Hominy Grits Cream Cheese PC Cheerios & Trix Cereals Oranges 100% Orange Juice	13 Scrambled Eggs Turkey Links WW Biscuits Margarine & Jelly PC Cinnamon Toast Crunch Yoplait Rasp- Peach Yogurt Red Delicious Apples 100% Fruit Punch	14 Whole Grain Pancakes Home Fried Potatoes Maple Syrup & Margarine Apple Cinnamon Cheerios & Trix Cereals Bananas 100% Orange Juice	15 Whole Grain Pancakes Choice of Sausage Links, Pork or Turkey Bacon Maple Syrup & Margarine Cocoa Puffs & Trix Cereals Oranges 100% Cranberry Juice
18 Whole Grain Cinnamon Rolls Hot Oatmeal w/Cranberries Cocoa Puffs & Trix Cereals Orange 100% Apple Juice	19 Scrambled Eggs Turkey Sausage Links Cocoa Puffs & Trix Cereals Orange 100% Apple Juice	20 Whole Grain Pancakes Pork Sausage Links Maple Syrup & Margarine Apple Jacks & Trix Cereals Bananas 100% Apple Juice	21 French Toast Scrambled Eggs Hash Brown Potatoes Maple Syrup & Margarine Apple Jacks & Trix Cereals Bananas 100% Apple Juice	22 Sausage & Cheese Bagel Cheesy Hominy Grits Cream Cheese PC Apple Cinnamon Cheerios & Trix Raspberry Rainbow Cereals Bananas 100% Orange Juice
25 Egg & Cheese Breakfast Burrito Hominy Grits Salsa Cup Cheerios & Strawberry Banana Blast Trix Cereals Oranges 100% Orange Juice	26 French Toast Sticks Choice of Turkey Sausage Patty or Pork Bacon Maple Syrup & Margarine Trix Cereals Oranges 100% Orange Juice	27 Egg & Cheese WG Burrito Choice of Pork Bacon or Turkey Sausage Link Salsa PC Cinnamon Toast Crunch Yoplait Rasp- Peach Yogurt Red Delicious Apples 100% Fruit Juice	28 Ham Breakfast Frittata Cheesy Hominy Grits WG Bread & Margarine Apple Cinnamon Cheerios & Trix Cereals Bananas 100% Orange Juice	29 WG Pancakes Hot Oatmeal w/Cinnamon & Brown Sugar Maple Syrup & Margarine Cocoa Puffs & Trix Cereals Oranges 100% Cran-Grape Juice

Offering four (4) food items from three (3) components; fruits or vegetables, grains, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable
Plus, two (2) other foods.

One 100% Juice=1/2c. Fruit
One Whole Fruit=1/2c. Fruit
One Cereal=Grain
One Yogurt
One 8oz. Milk

Available Everyday
1% Milk, Soy Milk & Low-Fat
Chocolate Milk.
Almond Milk upon request.

Breakfast is the most important meal of the day.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.

Lexington
INDEPENDENTS

Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.
This Institution is an Equal Opportunity Employer.



The SEED School of Maryland

Dining Services Lunch Menu | July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 July 4th Holiday!	5 No Camp Meals This Day	6 Crispy Baked Chicken Patty Mashed Potatoes Spanish Rice & Mixed Vegetables Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	7 Hamburgers w/Assorted Toppings Baked Fries & Green Beans Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	8 No Camp Meals This Day
11 Chicken Fajitas w/Peppers and Onions Spanish Rice & Baked Okra Assorted Toppings Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	12 WG Pasta Bar Marinara & Alfredo Sauces Breadsticks Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	13 Beef Fajitas w/ Peppers and Onions White Rice & Corn Assorted Toppings Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	14 Hamburgers w/Assorted Toppings Tater Tots Roasted Squash and Zucchini Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	15 BBQ Rib Sandwich Au Gratin Potatoes Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches
18 WG Mini Corn Dogs Roasted Parsley Potatoes Broccoli Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	19 Popcorn Shrimp Vegan General Tso's Beef Grilled Tofu Wild Rice Blend Chefs Choice Vegetable Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	20 Philly Cheesesteak Seasoned Fries Grilled Asparagus Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	21 General Tso Chicken White Rice Butter Beans Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	22 Walking Taco Seasoned Taco Beef, Doritos Corn Assorted Toppings Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches
25 Hamburgers w/Assorted Toppings or BBQ Riblet Baked Fries Steamed Baby Carrots Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	26 Grilled All Beef Franks Tater Tots California Vegetable Blend Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	27 Cheese Lasagna Mixed Vegetables Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	28 Meatball Sub Fresh Pub Chips Corn on the Cobb Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches	29 Chicken Tenders Baked Waffle Fries Sautéed Spinach Pepperoni or Cheese Pizza Salad Bar Made to Order Deli Sandwiches

Offering five (5) food items from five (5) components; fruits, vegetables, grains, meat/meat alternatives, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One Grain
One 8oz. Milk

Available Everyday
1% Milk, Soy Milk & Low-Fat Chocolate Milk.
Almond Milk upon request.

Deli sandwiches made to order.

Salad Bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.

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Dining Services After School/Evening Snack | July 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5 <u>Evening Snack-Check In</u> Mott's 100% Apple-Grape Juice Box Rice Krispie Cereal Bar	6 Mott's 100% Fruit Juice Box Nature Valley Chewy Bar <u>Evening Snack</u> Cool Rach Doritos	7 Mott's 100% Apple Juice Box Chocolate Belvita Bars <u>Evening Snack</u> Cheeze-It's	8 <u>Friday After School Snack</u> Mott's 100% Fruit Punch Juice Box Cinnamon Whole Grain Pop Tart <u>Sunday Evening Snack</u> Mott's 100% Apple Juice Box Chocolate Chip Cookies
11 Apple Slices Animal Crackers <u>Evening Snack</u> Rold Gold Mini Pretzels	12 Mott's 100% Apple-Grape Juice Box Plain Baked Lay's <u>Evening Snack</u> Nature Valley Chewy Bar	13 Mott's 100% Apple-Grape Juice Box Teddy Grahams <u>Evening Snack</u> Scooby Snack Fruit Gummies	14 Mott's 100% Apple-Grape Juice Box Smartfood Popcorn <u>Evening Snack</u> Oatmeal Cream Pie	15 <u>Friday After School Snack</u> Mott's 100% Apple Juice Box Belvita Blueberry Bar <u>Sunday Evening Snack</u> Mott's 100% Fruit Juice Box Ruffles Potato Chip
18 Mott's 100% Apple Juice Box Chocolate Belvita Bars <u>Evening Snack</u> Cheeze-It's	19 Mandarin Orange Cup Animal Crackers <u>Evening Snack</u> Cracker Jack's	20 Mott's 100% Fruit Punch Juice Box Fig Newtons <u>Evening Snack</u> Oreo Packs	21 Fruit Roll Ups Chex Mix <u>Evening Snack</u> Fudge Stripe Cookies	22 <u>Friday After School Snack</u> Mott's 100% Fruit Juice Box Cinnamon Toast Crunch Cereal Bar <u>Sunday Evening Snack</u> Mott's 100% Apple Juice Box Nacho Doritos
25 Tropical Fruit Cup Animal Crackers <u>Evening Snack</u> Apple Slices	26 Mott's 100% Fruit Juice Box NV Oats & Honey Granola Bar <u>Evening Snack</u> Cool Rach Doritos	27 Mott's 100% Apple-Grape Juice Box Teddy Grahams <u>Evening Snack</u> Scooby Snack Fruit Gummies	28 Mott's 100% Apple-Grape Juice Box Cheeze-It's <u>Evening Snack</u> Sun Chips	29 <u>Friday After School Snack</u> Mott's 100% Apple Juice Box Mini Rold Gold Pretzels <u>Sunday Evening Snack</u> Mott's 100% Fruit Juice Box Grandma's Cookies

After School Snack
Offering two (2) food items from four (4) components; vegetables and fruits, grains, meat/meat alternatives.

Minimum Recommendations:
3/4c. vegetable, fruit or 100% fruit juice.
Plus, grain or 1oz. meat/meat alternative such as cheese, egg, peanut butter.

One Whole Fruit=1/2c. Fruit

Evening Snack
Offering one (1) food item except on Sundays when two items are provided (1) juice box & (1) snack

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Dining Services Dinner Menu | July 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
		Spaghetti Bolognese Breadsticks Chef's Choice of Vegetable Salad Bar Made to Order Deli Sandwiches Ice Cream Cup	No Dinner Meal Requested	Have a Safe & Wonderful Weekend!
11	12	13	14	15
Chicken Pot Pie Vegan Chick n' Breast Roasted Broccoli Buttered Croissant Made to Order Deli Sandwiches Orange Jell-O Made to Order Deli Sandwiches Banana Pudding	Pulled Pork Veggie Beef' Strips Loaded Mashed Potatoes Mixed Vegetables Powdered Dinner Roll Made to Order Deli Sandwiches Chocolate Chip Cookie	Meatloaf Vegan Chick n' Strips Roasted Potatoes & Peas Dinner Roll Vegan Chick n' Strips Global: Curry Chicken & Rice Made to Order Deli Sandwiches Ice Cream Cup	Fried Chicken & Waffles Vegan Chicken Tenders Cheesy Scrambled Eggs Tater Tots Maple Syrup & Margarine Made to Order Deli Sandwiches Oreo Pudding Parfait	Have a Safe & Wonderful Weekend!
18	19	20	21	22
Chicken Parmesan Ziti Pasta & Marinara Capri Blend Vegetables Garlic Bread Salad Bar Made to Order Deli Sandwiches Ice Cream Sandwiches	Fried Catfish Red Beans & Rice Collard Greens Warm Cornbread & Margarine Salad Bar Made to Order Deli Sandwiches Sweet Street Bar Cookies	Orange Chicken White Rice Pork Egg Roll Asian Blend Vegetables Salad Bar Made to Order Deli Sandwiches	BBQ Pork Ribs Mashed Potatoes Roasted Italian Vegetables Salad Bar Made to Order Deli Sandwiches Fresh Baked Cookies	Have a Safe & Wonderful Weekend!
25	26	27	28	29
Baked Pork Chop w/Gravy Mashed Potatoes Seasoned Green Beans Apple Sauce Salad Bar Made to Order Deli Sandwiches Italian Water Ice	Beef Pepper Steak Vegan Beef Strips Jasmine Rice Vegetable Medley Salad Bar Made to Order Deli Sandwiches Lemon Bars	Fried Chicken Wings Assorted Sauces Croissant Wrapped Franks Vegan Beef Strips Twister Fries Cole Slaw & Veggie Sticks Salad Bar Made to Order Deli Sandwiches	Oven Roasted Turkey Vegan Chick n' Breast Roasted Pork & Gravy Mashed Potatoes Green Beans Corn Salad Bar Made to Order Deli Sandwiches	Have a Safe & Wonderful Weekend!

Dinner menus allow for fun and culinary creativity and always offer a hearty main course including meat/meat alternatives, side item and vegetable accompaniments plus dessert.

Minimum Recommendations:
 1/2c. fruit or 1/2c. vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
 One Vegetable
 One 8oz. Milk

Available Everyday
 Vitamin Water Fountain
 Beverages: Acai-Blueberry
 Pomegranate, Orange-Orange, Fruit Punch & Squeezed Lemonade

Salad bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.

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The SEED School of Maryland

Dining Services Breakfast Menu | August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Biscuits & Sausage Gravy Scrambled Eggs Margarine PC Trix Strawberry & Banana Yogurt Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	2 WG French Toast Sticks Pork Sausage Links Hot Oatmeal SF Maple Syrup & Margarine PC Trix Raspberry Rainbow Yogurt Seasonal Whole Fruit 100% Orange & Apple Juice	3 Fried Eggs, Pork Bacon & Grits Margarine & Jelly PC Trix Raspberry Rainbow Yogurt Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	4 French Toast, Pork Bacon & Hot Oatmeal SF Maple Syrup & Margarine PC Trix Raspberry Rainbow Yogurt Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	5
8	9	10	11	12
15	16	17	18	19
22 WG French Toast Sticks Pork Sausage Links Maple Syrup Yogurt, Fruit & Granola Bar Assorted Cereal Cups Seasonal Whole Fruit 100% Orange & Apple Juice	23 Scrambled Eggs Whole Wheat Biscuits Margarine & Jelly PC Yogurt, Fruit & Granola Bar Assorted Cereal Cups Seasonal Whole Fruit 100% Orange & Apple Juice	24 Egg, Cheese & Turkey Sausage Patty on Whole Wheat English Muffin-MTO Yogurt, Fruit & Granola Bar Assorted Hot & Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	25 WG Pancakes w/Blueberry Compote & Pork Bacon Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cereal Cups Seasonal Whole Fruit 100% Orange & Apple Juice	26 Turkey Sausage & Cheese on Whole Wheat Bagel-MTO Cream Cheese Cup Yogurt, Fruit & Granola Bar Assorted Cereal Cups Seasonal Whole Fruit 100% Orange & Apple Juice
29 Fried Egg Hominy Grits & Pork Bacon Yogurt, Fruit & Granola Bar Assorted Hot & Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	30 Scrambled Eggs Hash Brown Potato Triangles Yogurt, Fruit & Granola Bar Assorted Hot & Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	31 Warm Golden Waffles Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Hot & Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	1 Scrambled Eggs, Turkey Sausage Patty & WW Biscuit Yogurt, Fruit & Granola Bar Assorted Hot & Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	2 Apple Filled Pancakes, Scrambled Eggs Yogurt, Fruit & Granola Bar Assorted Hot & Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice

Offering four (4) food items from three (3) components; fruits or vegetables, grains, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable
Plus, two (2) other foods.

One 100% Juice=1/2c. Fruit
One Whole Fruit=1/2c. Fruit
One Cereal=Grain
4oz Yogurt or
One 8oz. Milk=Dairy

Available Everyday
1% Milk, Soy Milk & Fat Free
Chocolate Milk.
Almond Milk upon request.

Breakfast is the most important meal of the day.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



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The SEED School of Maryland

Dining Services Lunch Menu | August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Homestyle Chicken Filet On a Whole Grain Bun Vegan Fishless Filets Baked Tater Tots Green Beans Pepperoni Pizza Broccoli Cheddar Soup</p>	<p>2</p> <p>All Beef Frankfurters On a WG Sub Roll Sauteed Peppers & Onions Vegan Chick'n Tenders Baked French Fries Steamed Corn Cheese Pizza Butternut Squash Soup</p>	<p>3</p> <p>WG Spaghetti & Meat Sauce Vegetable Spaghetti California Mixed Vegetables Garlic Bread All Beef Frankfurters On WG Roll Chicken Noodle Soup</p>	<p>4</p> <p>Beef Burgers & Cheeseburgers Malibu Garden Burger Baked Fries Green Beans Cheese & Pepperoni Pizzas Vegetable Soup</p>	<p>5</p>
<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>
<p>22</p> <p>Hot Roast Beef & Gravy Sandwich Hot Carved Turkey Breast & Gravy WG Dinner Roll Yukon Gold Potatoes California Mixed Vegetables Cheese & Pepperoni Pizzas B.L.T. Sandwiches Vegetable Soup</p>	<p>23</p> <p>Asian Pepper Steak Vegan Beef Strips Steamed Jasmine Rice Pork & Vegetable Egg Rolls WG Dinner Rolls Cheese & Pepperoni Pizzas Roast Beef & Cheddar on Ciabatta Turkey Vegetable Noodle Soup</p>	<p>24</p> <p>Pulled Pork on a W/W Bun BBQ & Mustard Sauces Vegan Chick'n Cutlet Baked Waffle Fries Zucchini & Squash Cheese & Pepperoni Pizzas Grilled Cheese Turkey Salad Sandwich Chili</p>	<p>25</p> <p>Cajun Baked Chicken Honey BBQ Pork Spareribs WG Baked Macaroni & Cheese Green Beans & Tomatoes Cheese & Pepperoni Pizzas Turkey Burgers & Waffle Fries Muffaletta Sandwich Corn Chowder</p>	<p>26</p> <p>Meatball Marinara on W/W Sub Roll Vegetable Lasagna Parmesan Cheese Capri Blend Vegetables Cheese & Pepperoni Pizzas Egg Salad Sandwich Butternut Squash Soup</p>
<p>29</p> <p>Cheesy Baked Ziti Marinara Sauce Roasted Corn, Steamed Broccoli Veggie Burgers Cheese & Pepperoni Pizzas Cheeseburger & Seasoned Fries Global Fare: Chicken Soft Tacos Ham & Boursin on WG Bun Vegetable Soup</p>	<p>30</p> <p>Jamaican Jerk Chicken Vegan Chicken Strips Pinto Beans Baked Plantains Cheese & Pepperoni Pizzas Chicken Patty Sandwich & Fries Global Fare: Chicken Potstickers Egg Salad Sandwich Tomato Soup</p>	<p>31</p> <p>Swedish Meatballs Egg Noodles Fresh Steamed Broccoli Cheese & Pepperoni Pizzas Chicken Patty Sandwich & Fries Global Fare: Hot Dog Bar Chicken Salad Sandwich Butternut Squash Soup</p>	<p>1</p> <p>Beef Burger Bar-Choice of Cheese Sauteed Mushrooms Assorted Sun Chips Toppings: LTO & Pickles Cheese & Pepperoni Pizzas Grilled Cheese & Tater Tots Global Fare: Asian Noodle Bar Ham & Boursin Sandwich Tomato Bisque</p>	<p>2</p> <p>Chicken Philly on W/W Sub Roll Vegan Chick'n Strips Sweet Potato Fries Fresh Steamed Broccoli Cheese & Pepperoni Pizzas Global Fare: BYO Nacho Bar Egg Salad Croissant Butternut Squash Soup</p>

Offering five (5) food items from five (5) components; fruits, vegetables, grains, meat/meat alternatives, and choice of milk.

Minimum Recommendations:
 1/2c. Fruit or 1/2c. Vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
 One Vegetable
 One Grain
 One 8oz. Milk

Available Everyday
 1% Milk, Soy Milk & Fat Free Chocolate Milk.
 Almond Milk upon request.

Deli sandwiches made to order.

Salad Bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



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Dining Services After School/Evening Snack | August 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tropical Fruit Cup Animal Crackers <hr/> Rold Gold Mini Pretzels	2 Mott's 100% Apple-Grape Juice Boxes Plain Baked Lay's <hr/> Nature Valley Chewy Bars	3 Mott's 100% Apple-Grape Juice Boxes Whole Grain Goldfish <hr/> Scooby Snack Fruit Gummies	4 Mott's 100% Apple-Grape Juice Boxes Smartfood Popcorn	5
8	9	10	11	12
15	16	17	18	19
22 Mott's 100% Fruit Punch Juice Boxes Apple Slices <hr/> Fudge Stripe Cookies	23 Mott's 100% Fruit Punch Juice Boxes Granola Bars <hr/> Cool Rach Doritos	24 Scooby Snack Fruit Gummies Teddy Grahams <hr/> Chewy Granola Bars	25 Mott's 100% Apple-Grape Juice Boxes Cheeze-It's <hr/> Sun Chips	26 <u>Friday After School Snack</u> Mott's 100% Apple Juice Mini Rold Gold Pretzels <u>Sunday Evening Snack</u> Grandma's Cookies
29 Mott's 100% Apple Juice Boxes Chocolate Belvita Bars <hr/> Cheeze-It's	30 Mandarin Orange Cup Animal Crackers <hr/> Cracker Jack's	31 Mott's 100% Fruit Punch Juice Boxes Fig Newtons <hr/> Fudge Stripe Cookies	1 Fruit Roll Ups Chex Mix <hr/> Nacho Doritos	2 <u>Friday After School Snack</u> Mott's 100% Apple Juice Cinnamon Toast Crunch Cereal Bar <u>Sunday Evening Snack</u> Ruffles Potato Chips

After School Snack
Offering two (2) food items from four (4) components; vegetables and fruits, grains, meat/meat alternatives.

Minimum Recommendations:
3/4c. vegetable, fruit or 100% fruit juice.
Plus, grain or 1oz. meat/meat alternative such as cheese, egg, peanut butter.

One Whole Fruit=1/2c. Fruit

Evening Snack
Offering one (1) food item



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Dining Services Dinner Menu | August 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Parmesan Penne Pasta Mixed Vegetables Vegan Chick n' Strips	2 BBQ Chicken Mashed Potatoes Corn on the Cob Vegan Chick n' Strips	3 Jerk Chicken Vegan Chicken Cutlet Spanish Rice Mixed Vegetables	4	5
8	9	10	11	12
15	16	17	18	19
22 Beef & Chicken Fajitas Flour Tortillas, Vegan Chicken Fajita Blend Vegetables Seasoned Black Beans Spanish Fried Rice Salsa, Sour Cream, Cheddar Cheese, Shredded Lettuce Vegetable Soup Sweet Street Bar Cookies	23 Southern Fried Chicken Fried Catfish, Remoulade Sauce Vegan Fishless Fillets Red Rice & Sausage Collard Greens Cornbread & Honey Butter Turkey Vegetable Soup Carrot Cake	24 Beef Tacos & Chicken Nacho Bar Toppings Bar Vegetarian Beef Tacos Wild Rice & Fiesta Corn Chili Brownies Spirit Lifter: Philly Soft Pretzels	25 Crispy Chicken Tenders Vegan Chick n' Breast Waffle Fries Fresh Steamed Broccoli Vegetable Soup Oreo Pudding Parfait	26 Have a Safe & Wonderful Weekend!
29 Chicken Tenders & Waffle Fries Vegan Chicken Tenders Fresh Steamed Broccoli Global Fare: Baked Potato Bar Vegetable Soup Orange Jell-O	30 Chicken Sausage & Shrimp Jambalaya Hush Puppies & Honey Butter Seasoned Green Beans Global Fare: Baked Catfish Chicken Noodle Soup Double Chocolate Cake	31 Roasted Turkey & Gravy Vegan Chick n' Tenders Traditional Stuffing Sauteed Zucchini & Squash Global Fare: Country Fried Steak Broccoli Cheddar Soup Ice Cream Cup Spirit Lifter: Funnel Cake Fries	1 Fried Chicken Cutlet w/Gravy Vegan Chicken Tenders Cheesy Scrambled Eggs Buttermilk Biscuits Global Fare: Stuffed Shells Tomato Bisque Seven Layer Bar	2 Have a Safe & Wonderful Weekend!

Dinner menus allow for fun and culinary creativity and always offer a hearty main course including meat/meat alternatives, side item and vegetable accompaniments plus dessert.

Minimum Recommendations:
1/2c. fruit or 1/2c. vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One 8oz. Milk

Available Everyday
Vitamin Water Fountain
Beverages: Acai-Blueberry
Pomegranate, Orange-
Orange, Fruit Punch &
Squeezed Lemonade

Salad bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Labor Day Holiday Students Check In	6 Scrambled Eggs Turkey & Pork Bacon Whole Wheat Biscuits Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	7 School Closure	8 School Closure	9 School Closure
12 Belgian Waffles Pork Bacon Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	13 Blueberry Filled Pancakes Turkey Sausage Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	14 Fried Egg, Turkey Sausage Link & Cream of Wheat Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	15 Scrambled Eggs Pork Bacon & WW Biscuit Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	16 WG French Toast Sticks Scrambled Eggs Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
19 Scrambled Eggs Pork Bacon & Hot Oatmeal Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	20 Pork Sausage & Egg Breakfast Sandwich on WW English Muffin Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	21 Cheese Filled Omelet Turkey Bacon Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	22 Scrambled Eggs, Grits & Pork Sausage Links Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	23 Cream of Wheat, Turkey Bacon & WW Biscuit Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
26 Scrambled Eggs, Grits & Pork Sausage Patties Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	27 WW French Toast Sticks Pork Sausage Links Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	28 Scrambled Egg & Cheese Whole Wheat Bagel Cream Cheese Cup Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	29 Cheese Filled Omelet Whole Wheat Biscuit Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	30 Fresh Baked Cinnamon Rolls Pork Sausage Links Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice

Offering four (4) food items from three (3) components; fruits or vegetables, grains, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable
Plus, two (2) other foods.

One 100% Juice=1/2c. Fruit
One Whole Fruit=1/2c. Fruit
One Cereal=Grain
4oz Yogurt or
One 8oz. Milk=Dairy

Available Everyday
Fat Free (Skim) Milk & 1%
Chocolate Milk.
Almond & Soy Milk upon
request.

Breakfast is the most
important meal of the day.

We source our eggs, fruit,
vegetables, and dairy products
from local farms whenever
possible.



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The SEED School of Maryland

Dining Services Lunch Menu | September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>Labor Day Holiday Students Check In</p>	<p>6</p> <p>Turkey Chili Bar Potato Wedges & Toppings Fresh Steamed Broccoli Cheese & Pepperoni Pizza Global Fare: Thai Chicken Roasted Szechuan Tofu Jasmine Rice & Snow Peas Vegetable Spring Rolls Chicken Noodle Soup</p>	<p>7</p> <p>School Closure</p>	<p>8</p> <p>School Closure</p>	<p>9</p> <p>School Closure</p>
<p>12</p> <p>BBQ Chicken Thighs Gardein BBQ Chick'n Strips Yukon Gold Mashed Potatoes Peas & Carrots Cheese & Pepperoni Pizzas Global Fare: Grilled Ham/Cheese Sweet Potato Fries Thai Chicken & Rice Soup</p>	<p>13</p> <p>Chicken Fried Rice Fresh Steamed Broccoli Cheese & Pepperoni Pizza Global Fare: Chicken Quesadillas Mexican Corn Chicken Corn Chowder</p>	<p>14</p> <p>Fish Sandwich Gardein' Fishless Filets Waffle Fries Cheese & Sausage/Peppers Pizzas Global Fare: Chicken Parmesan Gardein Chick' N Parmesan Herbed Wild Rice Zucchini & Squash Medley Tomato Soup</p>	<p>15</p> <p>Beef Burger Bar Sauteed Mushrooms & Onions Tater Tots Cheese & Pepperoni Pizza Global Fare: Chicken Caesar Salad Gardein' Chick' N Salad Chicken & Corn Chowder</p>	<p>16</p> <p>Meatball Subs Assorted Sun Chips Cheese & Pepperoni Pizzas Global Fare: Beef Stroganoff Peas & Pearl Onions Tomato Soup</p>
<p>19</p> <p>Pulled Chicken BBQ Sandwich BBQ Gardein Chick' N Filets Wedge Potatoes Seasoned Corn Cheese & Hawaiian Style Pizzas Global Fare: Turkey Chili Bar Thai Chicken & Rice Soup</p>	<p>20</p> <p>Italian Stuffed Shells Crispy Baked Zucchini Sticks Broccoli & Cauliflower WG Dinner Rolls Cheese & Hawaiian Style Pizzas Global Fare: Chicken Nachos Vegan Chick'n Strips Spanish Rice & Toppings Bar Beef Chili</p>	<p>21</p> <p>Codfish Nuggets & Sauces Gardein Fishless Filets Herbed Wild Rice Sweet Green Peas & Pearl Onions Cheese & Pepperoni Pizzas Global Fare: Vegetable Lasagna Italian Green Beans WG Dinner Rolls Broccoli Cheddar Soup</p>	<p>22</p> <p>Beef Burger Bar Portobello Mushroom Burger Sauteed Onion & Mushrooms Sweet Potato Fries Cheese & Pepperoni Pizzas Global Fare: Chicken Pot Pie Fresh Steamed Broccoli Chicken Noodle Soup</p>	<p>23</p> <p>Meatloaf Vegan Meatballs Yukon Mashed Potatoes Sweet Corn Cheese & Pepperoni Pizzas Global Fare: Grilled Chicken Parmesan Brown Rice & Green Beans Vegetable Soup</p>
<p>26</p> <p>BBQ Chicken Thighs Gardein Chick' N Strips WG Dinner Roll Yukon Gold Masked Potatoes Carrots & Peas Cheese & Pepperoni Pizzas Global Fare: Chicken or Sausage Souvlaki Pitas Chicken Corn Chowder</p>	<p>27</p> <p>Meatball Marinara Subs Vegan Plant Based Meatballs Assorted Sun Chips Fresh Steamed Broccoli Cheese & Hawaiian Style Pizzas Global Fare: Chicken Taco Salad Seasoned Black Beans Chicken Noodle Soup</p>	<p>28</p> <p>Chicken Nuggets & Sauces Vegan Chicken Strips WG Macaroni & Cheese Steamed Broccoli Cheese & Pepperoni Pizzas Global Fare: Grilled Ham & Cheese Sweet Potato Fries Broccoli Cheddar Soup</p>	<p>29</p> <p>Marinated & Grilled Chicken Lemony Caesar Salad Cheese & Pepperoni Pizzas Global Fare: Italian Sausage Baked Whole Grain Penne Pasta Green Beans WG Dinner Rolls Italian Wedding Soup</p>	<p>30</p> <p>Plain & Mushroom Swiss Turkey Burgers Sweet Potato Fries Cheese & Pepperoni Pizzas Global Fare: Beef Fried Rice Chicken & Pork Potstickers Fresh Steamed Broccoli Chicken Tortilla Soup</p>

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Offering five (5) food items from five (5) components; fruits, vegetables, grains, meat/meat alternatives, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One Grain
One 8oz. Milk

Available Everyday
1% Milk, Soy Milk & Fat Free Chocolate Milk.
Almond Milk upon request.

Deli sandwiches made to order.

Salad Bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.
This Institution is an Equal Opportunity Employer.



Dining Services After School/PM Snack | September 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Labor Day Holiday Students Check In <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Ruffles Potato Chips	6 School Closure	7 School Closure	8 School Closure	9 School Closure
12 <u>After School Snack</u> Mott's 100% Fruit Punch JB Animal Crackers <u>Evening Snack At Dinner</u> Grandma's Cookies	13 <u>After School Snack</u> Mott's 100% Apple JB Rold Gold Mini Pretzels <u>Evening Snack At Dinner</u> Cinnamon Toast Crunch Cereal Bar	14 <u>After School Snack</u> Mott's 100% Apple JB Fig Newtons <u>Evening Snack At Dinner</u> Scooby Snack Fruit Gummies	15 <u>After School Snack</u> Mott's 100% Fruit Punch JB Cheeze-It's-Whole Grain <u>Evening Snack At Dinner</u> Oatmeal Cream Pies	16 <u>Friday After School Snack</u> Mott's 100% Apple JB Belvita Blueberry Bars <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Ruffles Potato Chips
19 <u>After School Snack</u> Mott's 100% Apple JB Blueberry Belvita Bars <u>Evening Snack At Dinner</u> Smartfood Popcorn	20 <u>After School Snack</u> Mott's 100% Fruit Punch JB Animal Crackers <u>Evening Snack At Dinner</u> Cracker Jack's	21 <u>After School Snack</u> Mott's 100% Fruit Punch JB NV Chewy Granola Bars <u>Evening Snack At Dinner</u> Cheetos	22 <u>After School Snack</u> Mott's 100% Fruit Punch JB Original Chex Mix <u>Evening Snack At Dinner</u> Nacho Doritos	23 <u>Friday After School Snack</u> Mott's 100% Fruit Punch JB Rold Gold Mini Pretzels <u>Sunday Evening Snack</u> Mott's 100% Apple JB Frito's Corn Chips
26 <u>After School Snack</u> Mott's 100% Fruit Punch JB Rold Gold Mini Pretzels <u>Evening Snack At Dinner</u> Shortbread Cookies	27 <u>After School Snack</u> Mott's 100% Apple JB Granola Bars <u>Evening Snack At Dinner</u> Cool Rach Doritos	28 <u>After School Snack</u> Mott's 100% Fruit Punch JB Animal Crackers <u>Evening Snack At Dinner</u> Teddy Grahams-Cinnamon	29 <u>After School Snack</u> Mott's 100% Apple JB Cheeze-It's-Whole Grain <u>Evening Snack At Dinner</u> Chocolate Chip Cookie Packs	30 <u>Friday After School Snack</u> Mott's 100% Apple JB Mini Rold Gold Pretzels <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Cracker Jack's

After School Snack
Offering two (2) food items from four (4) components; vegetables and fruits, grains, meat/meat alternatives.

Minimum Recommendations:
3/4c. vegetable, fruit or 100% fruit juice.
Plus, grain or 1oz. meat/meat alternative such as cheese, egg, peanut butter.

One Whole Fruit=1/2c. Fruit

Evening Snack
Offering one (1) food item



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Dining Services Dinner Menu | September 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
Labor Day Holiday Students Check In	School Closure	School Closure	School Closure	Have a Safe & Wonderful Weekend!
12	13	14	15	16
Crispy Chicken Tenders Vegan Chick n' Tenders Dipping Sauce PC's Macaroni & Cheese Fresh Steamed Broccoli Global Fare: Cheese Ravioli 3 Ways Garlic & Herb Breadsticks Banana Pudding Parfait	Beef & Chicken Philly Cheesesteaks Gardein Chick' N Filets Mushrooms, Onions & Peppers Waffle Fries Global Fare: Chicken Cheesesteaks Mushrooms, Onions & Peppers Waffle Fries Double Chocolate Cake	BBQ Pork Riblet Vegan Chick n' Tenders Au Gratin Potatoes Green Beans Global Fare: Italian Grilled Chicken Gardein Chick' N Tenders Pasta Alfredo & Broccoli Soft Baked Cookies **Jell-O Pudding Parfaits**	Chicken Tenders & Waffles Vegan Chick n' Tenders Syrup, Butter & Honey Mustard Global Fare: Turkey Chili w/Beans Yukon Gold Mashed Potatoes Cheddar Cheese, Sour Cream & Scallions Glazed Cinnamon Rolls	Have a Safe & Wonderful Weekend!
19	20	21	22	23
Country Fried Steak & Gravy Meatless Beef Strips Baked Macaroni & Cheese Green Beans Global Fare: Jamaican Jerk Chicken Red Beans & Rice Collard Greens & Fried Plantains Pudding Parfaits	Chicken Nuggets & Dipping Sauces Morning Star Vegan Tenders Waffle Fries Carrot & Celery Sticks Global Fare: Italian Baked Spaghetti Roasted Carrots Cheesy Garlic Breadsticks Soft Baked Chocolate Chip Cookies	Dijon Carved Pork Au Gratin Potatoes Zucchini & Squash Medley Global Fare: Chicken Fajitas Peppers & Onions, Black Beans & Toppings Bar Italian Water Ice **Soft Pretzel Nuggets**	Harlem Fried Chicken & Waffles Vegan Chicken Tenders Maple Syrup & Margarine Honey Mustard PC's Global Fare: Beef Stir Fry Chicken & Pork Potstickers Assorted Cereal Bars	Have a Safe & Wonderful Weekend!
26	27	28	29	30
Chicken Pesto Alfredo Spaghetti Noodles Fresh Steamed Broccoli Cheesy Garlic Breadsticks Global Fare: Korean Pork Riblets Sauteed Spinach & Yukon Gold Mashed Potatoes Chocolate Chip Cookies	Cheese & BBQ Chicken Pizzas Global Fare: Fried Catfish Vegan Fishless Filets Hush Puppies & Honey Butter Snow Peas Remoulade Sauce Banana Pudding Parfaits	Beef Philly Cheesesteaks Mushrooms, Peppers & Onions Waffle Fries Chicken Philly Cheesesteaks Mushrooms, Peppers & Onions Waffle Fries Warm Apple Crisp **Spirit Lifter-Corn Dog Nuggets**	Breakfast for Dinner Pancake Bar: Chocolate Chip or Buttermilk + Fresh Fruit Toppings & Whipped Topping Breakfast Sausage Global Fare: Hash Brown Bar Oreo Pudding Dirt Parfaits	Have a Safe & Wonderful Weekend!

Dinner menus allow for fun and culinary creativity and always offer a hearty main course including meat/meat alternatives, side item and vegetable accompaniments plus dessert.

Minimum Recommendations:
1/2c. fruit or 1/2c. vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One 8oz. Milk

Available Everyday
Vitamin Water Fountain
Beverages: Acai-Blueberry
Pomegranate, Orange-
Orange, Fruit Punch &
Squeezed Lemonade

Salad bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.
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The SEED School of Maryland

Dining Services Breakfast Menu | October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Country Breakfast Scramble w/Potatoes Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Scrambled Eggs Turkey Bacon Whole Wheat Biscuit Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Belgian Waffles Pork Bacon Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Ham, Egg & Cheese WW Biscuit Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	School Closed Professional Development Day
10	11	12	13	14
Cheese Omelet Pork Bacon Whole Grain Bagel Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Blueberry Filled Pancakes Turkey Sausage Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Fried Egg, Turkey Sausage Link & Cream of Wheat Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Scrambled Eggs Pork Bacon & WW Biscuit Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	WG French Toast Sticks Scrambled Eggs Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
17	18	19	20	21
Scrambled Eggs Potato Triangle & Hot Oatmeal Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Pork Sausage & Egg Breakfast Sandwich on WW English Muffin Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Cheese Filled Omelet Turkey Bacon Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Scrambled Eggs, Grits & Pork Sausage Links Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Cream of Wheat, Turkey Bacon & WW Biscuit Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
24	25	26	27	28
Scrambled Eggs, Pork Sausage Patties & Grits Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	WG French Toast Sticks Pork Sausage Links Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Scrambled Egg & Cheese Whole Wheat Bagel Cream Cheese Cup Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	Cheese Filled Omelet Whole Wheat Biscuit Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	WG Glazed Cinnamon Rolls Pork Sausage Links Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice

Offering four (4) food items from three (3) components; fruits or vegetables, grains, and choice of milk.

Minimum Recommendations:
 1/2c. Fruit or 1/2c. Vegetable
 Plus, two (2) other foods.

One 100% Juice=1/2c. Fruit
 One Whole Fruit=1/2c. Fruit
 One Cereal=Grain
 4oz Yogurt or
 One 8oz. Milk=Dairy

Available Everyday
 Fat Free (Skim) Milk & 1%
 Chocolate Milk.
 Almond & Soy Milk upon request.

Breakfast is the most important meal of the day.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.
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Dining Services Lunch Menu | October 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BBQ Chicken Thighs ³ Gardein BBQ Chick'n Strips Yukon Mashed Potatoes Peas & Carrots Whole Wheat Dinner Roll Cheese & Hawaiian Style Pizzas Global Fare: Ham & Cheese Panini Sweet Potato Fries Thai Chicken & Rice Soup</p>	<p>Turkey Chili Bar ⁴ Potato Wedges & Toppings Broccoli & Wheat Dinner Roll Cheese & Pepperoni Pizza Global Fare: Asian Nuggets Roasted Szechuan Tofu Jasmine Rice & Green Beans Vegetable Spring Rolls Chicken Noodle Soup</p>	<p>Hot Roast Beef & Gravy ⁵ On White/Wheat Bun Meatless Beef Strips Baked Fries Seasoned Corn Cheese & Pepperoni Pizza Global Fare: Pasta Alfredo Fresh Steamed Broccoli Turkey Chili</p>	<p>Beef Pasta Bake ⁶ w/Whole Grain Penne Roasted Garlic Quinoa Vegan Burger Roasted Carrot Sticks Cheese & Pepperoni Pizza Global Fare: Grilled Smoked Turkey & Cheese Sandwich Baked Sweet Potato Fries Italian Wedding Soup</p>	<p>School Closed Professional Development Day ⁷</p>
<p>Sloppy Joes on White/Wheat Bun ¹⁰ Assorted Sun Chips Cheese & Hawaiian Style Pizzas Global Fare: Mexican Casado Brown Rice Bowl w/Chicken Gardein Vegan Chick' N Strips Chicken Poblano Pepper Soup</p>	<p>Chicken Fried Brown Rice ¹¹ Fresh Steamed Broccoli Cheese & Pepperoni Pizza Global Fare: Chicken Quesadillas on Whole Grain Tortilla Morning Star Vegan Chicken Strips Salsa & Sour Cream Mexican Corn</p>	<p>Baked Cod Fish Filet Sandwich ¹² On White/Wheat Roll Gardein' Fishless Filets Baked Waffle Fries Cheese & Sausage/Peppers Pizzas Global Fare: Chicken Parmesan Herbed Wild Rice Zucchini & Squash Medley Tomato Basil Bisque</p>	<p>Grilled Beef Burger Bar ¹³ White/Wheat Bun Gardenburger Malibu Burger Sautéed Mushrooms & Onions Tater Tots Cheese & Pepperoni Pizza Global Fare: Chicken Caesar Salad w/Multi-Grain Croutons Chicken & Corn Chowder</p>	<p>Baked Chicken Patty Sandwich ¹⁴ White/Wheat Bun Baked Straight Cut Fries Cheese & Pepperoni Pizza Global Fare: Beef Stroganoff over Enriched Egg Noodles Meatless Beef Strips Peas & Pearl Onions Tomato Soup</p>
<p>Pulled Chicken BBQ Sandwich on White/Wheat Bun ¹⁷ BBQ Gardein Chick' N Filets Wedge Potatoes Seasoned Corn Cheese & Hawaiian Style Pizzas Global Fare: Beef Chili Bar Toppings Bar & Wheat Dinner Rolls Thai Chicken & Rice Soup</p>	<p>Meatball Marinara Subs On White/Wheat Bun ¹⁸ Plant Based Vegan Meatballs Assorted Sun Chips Fresh Steamed Broccoli Cheese & Pepperoni Pizzas Global Fare: Chicken Taco Salad Seasoned Black Beans Chicken Noodle Soup</p>	<p>Salisbury Steak ¹⁹ Meatless Beef Strips WG Brown Rice w/Mushrooms Sweet Green Peas & Pearl Onions Cheese & Pepperoni Pizzas Global Fare: Vegetable Lasagna Italian Green Beans WG Dinner Rolls Broccoli Cheddar Soup</p>	<p>Italian Stuffed Shells w/Marinara ²⁰ Crispy Baked Zucchini Sticks Broccoli & Cauliflower WG Dinner Rolls Cheese & Sausage Pizzas Global Fare: Chicken Nachos Vegan Chick'n Strips Spanish Brown Rice & Toppings Bar Beef Chili</p>	<p>Homestyle Meatloaf ²¹ Plant Based Vegan Meatballs Yukon Mashed Potatoes Sweet Corn & Wheat Dinner Rolls Cheese & Pepperoni Pizzas Global Fare: Grilled Chicken Parmesan Brown Rice & Green Beans Vegetable Soup</p>
<p>Jamaican Jerk Chicken Thighs ²⁴ Gardein Chick' N Strips Mashed Sweet Potatoes Green Beans & WG Dinner Roll Cheese & Pepperoni Pizzas Global Fare: Chicken Souvlaki In a Wheat Greek Pita Pocket Chicken Corn Chowder</p>	<p>Grilled Beef Burger Bar ²⁵ Portobello Mushroom Burger Sautéed Onion & Mushrooms Sweet Potato Fries Cheese & Pepperoni Pizzas Global Fare: Chicken Pot Pie Whole Wheat Biscuit Fresh Steamed Broccoli Chicken Noodle Soup</p>	<p>Chicken Nuggets & Sauces ²⁶ Vegan Chicken Strips WG Macaroni & Cheese Steamed Broccoli Cheese & Pepperoni Pizzas Global Fare: Cheese & Grilled Cheese w/Tomatoes Sweet Potato Fries Broccoli Cheddar Soup</p>	<p>Marinated & Grilled Chicken ²⁷ Lemony Caesar Salad WG Dinner Rolls Cheese & Pepperoni Pizzas Global Fare: Italian Sausage Baked Whole Grain Penne Pasta Vegan Sausage Green Beans Italian Wedding Soup</p>	<p>Plain & Mushroom-Swiss Turkey Burgers ²⁸ Assorted Sun Chips Cheese & Pepperoni Pizzas Global Fare: Beef Fried Rice Steamed Chicken Potstickers Broccoli Florets Chicken Tortilla Soup</p>

Offering five (5) food items from five (5) components; fruits, vegetables, grains, meat/meat alternatives, and choice of milk.

Minimum Recommendations:
 1/2c. Fruit or 1/2c. Vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
 One Vegetable
 One Grain
 One 8oz. Milk

Available Everyday
 1% Milk, Soy Milk & Fat Free Chocolate Milk.
 Almond Milk upon request.

Deli sandwiches made to order.

Salad Bar including composed salads, proteins & toppings.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.
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Dining Services After School/PM Snack | October 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><u>After School Snack</u> Mott's 100% Fruit Punch JB Animal Crackers</p> <p><u>Evening Snack at Dinner</u> Ruffles Potato Chips</p>	<p>4</p> <p><u>After School Snack</u> Mott's 100% Apple JB Nature Valley Chewy Bars</p> <p><u>Evening Snack at Dinner</u> Cheetos</p>	<p>5</p> <p><u>After School Snack</u> Mott's 100% Fruit Punch JB Fig Newtons</p> <p><u>Evening Snack at Dinner</u> Teddy Grahams-Cinnamon</p>	<p>6</p> <p><u>After School Snack</u> Mott's 100% Apple JB Cheeze- Its-Whole Grain</p> <p><u>Evening Snack at Dinner</u> Frito's Corn Chips</p>	<p>7</p> <p>School Closed Professional Development Day</p>
<p>10</p> <p><u>After School Snack</u> Mott's 100% Apple JB Rold Gold Mini Pretzels</p> <p><u>Evening Snack at Dinner</u> Cool Ranch Doritos</p>	<p>11</p> <p><u>After School Snack</u> Mott's 100% Apple JB Fig Newtons</p> <p><u>Evening Snack at Dinner</u> Lorna Doone Shortbread Cookies</p>	<p>12</p> <p><u>After School Snack</u> Mott's 100% Fruit Punch JB Animal Crackers</p> <p><u>Evening Snack at Dinner</u> Scooby Snack Fruit Gummies</p>	<p>13</p> <p><u>After School Snack</u> Mott's 100% Apple JB Belvita Blueberry Bars</p> <p><u>Evening Snack at Dinner</u> Oatmeal Cream Pies</p>	<p>14</p> <p><u>Friday After School Snack</u> Mott's 100% Apple Juice JB Rold Gold Mini Pretzels</p> <p><u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Ruffles Potato Chips</p>
<p>17</p> <p><u>After School Snack</u> Mott's 100% Apple JB Blueberry Belvita Bars</p> <p><u>Evening Snack at Dinner</u> Cinnamon Toast Crunch Cereal Bar</p>	<p>18</p> <p><u>After School Snack</u> Mott's 100% Apple JB Animal Crackers</p> <p><u>Evening Snack at Dinner</u> Smartfood Popcorn</p>	<p>19</p> <p><u>After School Snack</u> Mott's 100% Fruit Punch JB Fig Newtons</p> <p><u>Evening Snack at Dinner</u> Fudge Stripe Cookies</p>	<p>20</p> <p><u>After School Snack</u> Mott's 100% Apple JB Traditional Chex Mix</p> <p><u>Evening Snack at Dinner</u> Nacho Doritos</p>	<p>21</p> <p><u>Friday After School Snack</u> Mott's 100% Apple Juice JB Nabisco Cracker Packs</p> <p><u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Oreo Cookie 2 Pack</p>
<p>24</p> <p><u>After School Snack</u> Mott's 100% Fruit Punch JB Tiger Bites-Cinnamon</p> <p><u>Evening Snack At Dinner</u> Rice Krispie Cereal Bar</p>	<p>25</p> <p><u>After School Snack</u> Mott's 100% Fruit Punch JB Mini Rold Gold Pretzels</p> <p><u>Evening Snack at Dinner</u> Cool Rach Doritos</p>	<p>26</p> <p><u>After School Snack</u> Mott's 100% Apple JB Chewy Granola Bars</p> <p><u>Evening Snack at Dinner</u> Teddy Grahams-Cinnamon</p>	<p>27</p> <p><u>After School Snack</u> Mott's 100% Apple JB Cheeze-It's-Whole Grain</p> <p><u>Evening Snack at Dinner</u> Crunchy Cheetos</p>	<p>28</p> <p><u>Friday After School Snack</u> Mott's 100% Apple Juice JB Mini Rold Gold Pretzels</p> <p><u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Grandma's Cookies</p>

After School Snack
Offering two (2) food items from four (4) components; vegetables and fruits, grains, meat/meat alternatives.

Minimum Recommendations:
3/4c. vegetable, fruit or 100% fruit juice.
Plus, grain or 1oz. meat/meat alternative such as cheese, egg, peanut butter.

One Whole Fruit=1/2c. Fruit

Evening Snack
Offering one (1) food item



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Dining Services Dinner Menu | October 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>Nashville Hot Chicken Sandwich Vegan Chick n' Cutlets Shredded Style Cole Slaw Pickle Spears</p> <p>Global Fare: Cheesy Baked Ziti Roasted Butternut Squash Garlic Knot Rolls Strawberry Shortcake Biscuit</p>	<p style="text-align: right;">4</p> <p>Pulled BBQ Pork Traditional & Mustard Sauces Hoppin' John Collard Greens</p> <p>Global Fare: Jerk Chicken Vegan Chick' N Tenders Baked Sweet Potato Baked Broccoli w/Raisins Warm Snickerdoodle Cookies</p>	<p style="text-align: right;">5</p> <p>Codfish Nuggets & Sauces Gardein Fishless Filets Baked Macaroni & Cheese Fresh Steamed Broccoli</p> <p>Global Fare: Asian Pepper Steak Steamed Jasmine Rice Vegetable Spring Rolls Assorted Jell-O Parfaits **Funnel Cake Fries**</p>	<p style="text-align: right;">6</p> <p>No Dinner Meal: Students Check Out After Snack Period</p>	<p style="text-align: right;">7</p> <p>School Closed Professional Development Day</p>
<p style="text-align: right;">10</p> <p>French Toast Frenzy Strawberry, Blueberry & Banana Toppings, Whipped Cream</p> <p>Global Fare: Turkey Burgers Gardenburger Black Bean Burger Sweet Potato Fries Chipotle Mayo & Ranch Spread Fresh Veggie Toppings Soft Baked Turtle Cookies</p>	<p style="text-align: right;">11</p> <p>Chicken Tenders & Twister Fries Vegan Chick n' Tenders PC Dipping Sauces Broccoli & Cauliflower Medley</p> <p>Global Fare: Beef & Chicken Tacos Cheesy Pinto Beans & Fiesta Corn Assorted Italian Water Ice Tubes</p>	<p style="text-align: right;">12</p> <p>Tater Tot-Chos Bar Tater Tots, Cheddar Cheese Sauce, Pico De Gallo, Jalapenos, Olives, Crumbled Bacon & PC Sour Cream</p> <p>Global Fare: General Tso's Chicken Gardein Chick' N Strips Sticky Rice & Asian Vegetables Chocolate & Vanilla IC Cups ** Spirit Lifter-Popcorn Cart **</p>	<p style="text-align: right;">13</p> <p>Southern Fried Chicken Vegan Chick n' Cutlets Red Rice & Sausage Collard Green</p> <p>Warm Corn Bread & Honey Butter</p> <p>Global Fare: Fried Lemony Catfish Roasted Red Potatoes Boom Boom Sauce Banana Pudding Parfait</p>	<p style="text-align: right;">14</p> <p>Have a Safe & Wonderful Weekend!</p>
<p style="text-align: right;">17</p> <p>Chicken Parmesan Herbed Wild Rice Green Bean Casserole</p> <p>Global Fare: Beef & Chicken Fajitas Gardein Vegan Chick' N Strips Spanish Fried Rice Seasoned Black Beans Red Velvet Cake</p>	<p style="text-align: right;">18</p> <p>Smothered Pork Chop & Gravy Veggie Beef' Strips Mashed Potatoes Sweet Florida Corn Applesauce</p> <p>Global Fare: Baked Potato Bar w/Chopped Grilled Chicken Chocolate Chip Cookies</p>	<p style="text-align: right;">19</p> <p>Chicken Sausage, Shrimp Jambalaya Hushpuppies & Honey Butter Fresh Steamed Okra</p> <p>Global Fare: Swedish Meatballs Vegan Meatballs, Cranberry Sauce Herbed Egg Noodles Sauteed Squash & Zucchini Root Beer Floats **Mozzarella Sticks & Marinara**</p>	<p style="text-align: right;">20</p> <p>Harlem Fried Chicken & Waffles Vegan Chicken Tenders Maple Syrup & Margarine</p> <p>Global Fare: Beef Nacho Bar Lemony Broccoli Chocolate Chip Brownies</p>	<p style="text-align: right;">21</p> <p>Have a Safe & Wonderful Weekend!</p>
<p style="text-align: right;">24</p> <p>Chicken Alfredo Spaghetti Noodles Fresh Steamed Broccoli Cheesy Garlic Breadsticks</p> <p>Global Fare: Korean Pork Riblets Sauteed Spinach & Yukon Gold Mashed Potatoes Chocolate Chip Cookies</p>	<p style="text-align: right;">25</p> <p>Pizza Night Cheese & BBQ Chicken Pizzas</p> <p>Global Fare: Fried Catfish, Remoulade Sauce Vegan Fishless Fillets Hush Puppies & Honey Butter Charred Brussel Sprouts Banana Pudding Parfaits</p>	<p style="text-align: right;">26</p> <p>Beef Philly Cheesesteaks Mushrooms, Peppers & Onions Waffle Fries</p> <p>Chicken Philly Cheesesteaks Gardein Chicken Strips Mushrooms, Peppers & Onions Waffle Fries Warm Apple Crisp & Cream **Spirit Lifter-Cinnamon Soft Pretzels**</p>	<p style="text-align: right;">27</p> <p>Breakfast for Dinner Pancake Bar: Chocolate Chip or Buttermilk + Toppings Breakfast Sausage</p> <p>Global Fare: Hash Brown Bar Scrambled Eggs Oreo Pudding Dirt Parfaits</p>	<p style="text-align: right;">28</p> <p>Have a Safe & Wonderful Weekend!</p>

Dinner menus allow for fun and culinary creativity and always offer a hearty main course including meat/meat alternatives, side item and vegetable accompaniments plus dessert.

Minimum Recommendations:

1/2c. fruit or 1/2c. vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One 8oz. Milk

Available Everyday

Vitamin Water Fountain
Beverages: Acai-Blueberry
Pomegranate, Orange-
Orange, Fruit Punch &
Squeezed Lemonade

Salad bar including composed
salads, proteins & toppings.

We source our eggs, fruit,
vegetables, and dairy
products from local farms
whenever possible.



Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.
This Institution is an Equal Opportunity Employer.



The SEED School of Maryland

Dining Services Breakfast Menu | December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Filled Omelet Whole Wheat Biscuit Margarine & Jelly Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	2 WG Glazed Cinnamon Rolls Pork Sausage Links Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
5 Country Breakfast Scramble w/Potatoes Hominy Grits Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	6 Scrambled Eggs Turkey Bacon Whole Wheat Biscuit Margarine & Jelly Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	7 Whole Wheat Pancakes Pork Bacon Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	8 Ham, Egg & Cheese on WW English Muffin Margarine & Jelly Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	9 Cheese Omelet, Pork Bacon Whole Grain Bagel Cream Cheeses & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
12 Scrambled Eggs Potato Triangle & Hot Oatmeal Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	13 Pork Sausage & Egg on WW English Muffin Margarine & Jelly Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	14 Cheese Filled Omelet Turkey Bacon Whole Grain Bagel Cream Cheeses & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	15 WW French Toast Sticks Pork Sausage Links Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice	16 Scrambled Eggs, Hominy Grits & Pork Sausage Links Yogurt, Fruit & Granola Bar Assorted Cold Cereals Seasonal Whole Fruit 100% Orange & Apple Juice
School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break
School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break

Offering four (4) food items from three (3) components; fruits or vegetables, grains, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable
Plus, two (2) other foods.

One 100% Juice=1/2c. Fruit
One Whole Fruit=1/2c. Fruit
One Cereal=Grain
4oz Yogurt or
One 8oz. Milk=Dairy

Available Everyday
Fat Free (Skim) Chocolate
Milk, Low Fat (1%) Milk, 100%
Orange Juice, 100% Apple
Juice.

Breakfast is the most important meal of the day.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



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The SEED School of Maryland

Dining Services Lunch Menu | December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Marinated & Grilled Chicken Lemony Caesar Salad Whole Grain Dinner Roll Cheese & Pepperoni Pizzas Global Fare: Pasta Rosa Vegan Sausage Cut Green Beans Italian Wedding Soup</p>	<p>2</p> <p>Homestyle Meatloaf Plant Based Vegan Meatballs Yukon Mashed Potatoes Sweet Green Peas Whole Grain Dinner Roll Cheese & Pepperoni Pizzas Global Fare: Grilled Chicken Parmesan Brown Rice & Whole Green Beans Vegetable Soup</p>
<p>5</p> <p>BBQ Chicken Thighs Gardein BBQ Chick'n Strips Yukon Mashed Potatoes Peas & Carrots Whole Grain Dinner Roll Cheese Pizza Global Fare: Ham & Cheese Panini Sweet Potato Fries Thai Chicken & Rice Soup</p>	<p>6</p> <p>Turkey Chili Bar Potato Wedges & Toppings Broccoli & WG Dinner Roll Cheese Pizza Global Fare: Asian Nuggets Roasted Szechuan Tofu Jasmine Rice & Green Beans Vegetable Spring Rolls Chicken Noodle Soup</p>	<p>7</p> <p>Hot Roast Beef & Gravy On White/Wheat Bun Meatless Beef Strips Baked Fries Seasoned Corn Cheese Pizza Global Fare: WG Pasta Alfredo Fresh Steamed Broccoli Broccoli & Cheddar Soup</p>	<p>8</p> <p>Meatball Marinara On White/Wheat Sub Roll Plant Based Vegan Meatballs Assorted Sun Chips Fresh Steamed Broccoli Cheese Pizza Global Fare: Cajun Baked Chicken WG Macaroni & Cheese Green Beans Chicken Noodle Soup</p>	<p>9</p> <p>Sloppy Joes on Whole Grain Bun Assorted Sun Chips Seasoned Corn Cheese Pizza Global Fare: Mexican Casado Brown Rice Bowl w/Chicken Gardein Vegan Chick' N Strips Chicken Poblano Pepper Soup</p>
<p>12</p> <p>Pulled Chicken BBQ Sandwich on Whole Grain Bun BBQ Gardein Chick' N Filets Carrot & Celery Sticks w/Ranch Dip Cheese & Pepperoni Pizza Global Fare: Beef Chili Bar Wedge Potatoes Toppings & Whole Grain Roll Butternut Squash Soup</p>	<p>13</p> <p>Beef Pasta Bake w/Whole Grain Penne Malibu Burger Roasted Carrot Sticks Cheese & Pepperoni Pizza Global Fare: Grilled Smoked Turkey & Cheddar Sandwich Baked Sweet Potato Fries Italian Wedding Soup</p>	<p>14</p> <p>Chicken Fried Brown Rice Fresh Steamed Broccoli Cheese & Pepperoni Pizza Global Fare: Chicken Quesadillas on Whole Grain Tortilla Morning Star Vegan Chicken Strips Salsa & Sour Cream Mexican Corn Chicken Corn Chowder</p>	<p>15</p> <p>Cheese Ravioli w/Marinara Crispy Baked Zucchini Sticks Italian Green Beans Whole Grain Dinner Roll Cheese & Pepperoni Pizza Global Fare: Chicken Nachos Vegan Chick'n Strips Spanish Brown Rice & Toppings Bar Beef & Pepper Pot Soup</p>	<p>16</p> <p>Whole Wheat Spaghetti w/Meat Sauce Whole Grain Buns Peas & Carrots Cheese & Pepperoni Pizza Global Fare: Pad Thai Noodles Chicken & Pork Potstickers Vegetable Springrolls Chicken Tortilla Soup</p>
<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>
<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>	<p>School Closed Winter Break</p>

Offering five (5) food items from five (5) components; fruits, vegetables, grains, meat/meat alternatives, and choice of milk.

Minimum Recommendations:
1/2c. Fruit or 1/2c. Vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One Grain
One 8oz. Milk

Available Everyday
Fat Free (Skim) Chocolate Milk & Low Fat (1%) Milk.
Enhanced Water Fountain
Beverages: Vitamin Water XXX
Acai-Blueberry Pomegranate, & Minute Maid Zero Sugar Lite Lemonade.

Deli sandwiches made to order.

Salad Bar including composed salads, proteins & toppings.



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Dining Services After School/PM Snack | December 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>After School Snack</u> Mott's 100% Apple JB Cheeze-It's-Whole Grain <u>Evening Snack at Dinner</u> Crunchy Cheetos	2 <u>Friday After School Snack</u> Mott's 100% Apple Juice JB Mini Rold Gold Pretzels <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Grandma's Cookies
5 <u>After School Snack</u> Mott's 100% Fruit Punch JB Tiger Bites <u>Evening Snack at Dinner</u> Ruffle Potato Chips	6 <u>After School Snack</u> Mott's 100% Apple Juice JB Nature Valley Granola Bars <u>Evening Snack at Dinner</u> Cheetos	7 <u>After School Snack</u> Mott's 100% Fruit Punch JB Fig Newtons <u>Evening Snack at Dinner</u> Cool Ranch Doritos	8 <u>After School Snack</u> Mott's 100% Apple JB Whole Grain Cheeze It's <u>Evening Snack at Dinner</u> Frito Corn Chips	9 <u>Friday After School Snack</u> Mott's 100% Apple Juice JB Rold Gold Mini Pretzels <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Ruffles Potato Chips
12 <u>After School Snack</u> Mott's 100% Apple JB Blueberry Belvita Bars <u>Evening Snack at Dinner</u> Oreo Cookie 2 Pack	13 <u>After School Snack</u> Mott's 100% Apple JB Cheeze It's <u>Evening Snack at Dinner</u> Oatmeal Pies	14 <u>After School Snack</u> Mott's 100% Fruit Punch JB Fig Newtons <u>Evening Snack at Dinner</u> Ruffles	15 <u>After School Snack</u> Mott's 100% Apple JB Cheddar Chex Mix <u>Evening Snack at Dinner</u> Nacho & Cool Ranch Doritos	16 <u>Friday After School Snack</u> Mott's 100% Apple Juice JB Original Sun Chips
School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break
School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break

After School Snack
Offering two (2) food items from four (4) components; vegetables and fruits, grains, meat/meat alternatives.

Minimum Recommendations:
3/4c. vegetable, fruit or 100% fruit juice.
Plus, grain or 1oz. meat/meat alternative such as cheese, egg, peanut butter.

One Whole Fruit=1/2c. Fruit

Evening Snack
Offering one (1) food item



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Dining Services Dinner Menu | December 2022

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Sausage, Shrimp Jambalaya Hushpuppies & Honey Butter Fresh Steamed Okra Global Fare: Swedish Meatballs Vegan Meatballs, Cranberry Sauce Herbed Egg Noodles Sauteed Squash & Zucchini Root Beer Floats	2 Have A Safe & Wonderful Weekend!
5 Nashville Hot Chicken Sandwich Vegan Chick n' Cutlets Shredded Style Cole Slaw Pickle Spears Global Fare: Cheesy Baked Ziti Roasted Butternut Squash Garlic Knot Rolls Strawberry Shortcake Biscuit	6 Pulled BBQ Pork Traditional & Mustard Sauces Hoppin' John Collard Greens Global Fare: Jerk Chicken Vegan Chick' N Tenders Baked Sweet Potato Baked Broccoli w/Raisins Warm Snickerdoodle Cookies	7 Codfish Nuggets & Sauces Gardein Fishless Filets Baked Macaroni & Cheese Fresh Steamed Broccoli Global Fare: Asian Pepper Steak Steamed Jasmine Rice Vegetable Spring Rolls Assorted Jell-O Parfaits **Funnel Cake Fries**	8 Chicken Tenders & Twister Fries Vegan Chick n' Tenders PC Dipping Sauces Broccoli & Cauliflower Medley Global Fare: Beef & Chicken Tacos Cheesy Pinto Beans & Fiesta Corn Assorted Italian Water Ice Tubes	9 Have A Safe & Wonderful Weekend!
12 Chicken Parmesan Herbed Wild Rice Green Bean Casserole Global Fare: Beef & Chicken Fajitas Gardein Vegan Chick' N Strips Spanish Fried Rice Seasoned Black Beans Blondies	13 Chicken Philly Cheesesteaks Gardein Chicken Strips Mushrooms, Peppers & Onions Straight Cut Fries Global Fare: Homestyle Beef Meatloaf w/Beef Gravy Yukon Mashed Potatoes Seasoned Corn Jell-O Parfaits	Jamaican Ina December 14 Jerk Seasoned Beef Sirloin Tips White Rice Battered Fried Fish Hushpuppies Baked Macaroni & Cheese Collard Greens Corn Bread & Honey Butter Cookie Buffet **Hot Cocoa Station**	15 Roast Beef w/Demi-Glace Sauteed Local Mushrooms Au Gratin Potatoes Green Beans Global Fare: Chicken & Sausage Gumbo White Rice & Okra Chocolate Mini Funnel Cakes	16 Have A Safe & Wonderful Weekend!
School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Have A Safe & Wonderful Weekend!
School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	School Closed Winter Break	Have A Safe & Wonderful Weekend!

Dinner menus allow for fun and culinary creativity and always offer a hearty main course including meat/meat alternatives, side item and vegetable accompaniments plus dessert.

Minimum Recommendations:
1/2c. fruit or 1/2c. vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
One Vegetable
One 8oz. Milk

Available Everyday
Vitamin Water Fountain
Beverages: Acai-Blueberry
Pomegranate, Orange-Orange, Fruit Punch & Squeezed Lemonade

Salad bar including composed salads, proteins & toppings.

Soup as listed on lunch menu

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



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The SEED School of Maryland

Dining Services Breakfast Menu | January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Scrambled Eggs, Sausage Pattie/Veggie Sausage & Whole Wheat Biscuit Margarine, Jelly & Ketchup Yogurt, Fruit & Granola Bar Apple Cinnamon Cheerios Tangerines 100% Orange & Apple Juice</p>	<p>3</p> <p>Bacon, Potato & Cheese Frittata Cup Whole Wheat English Muffin Margarine & Jelly Yogurt, Fruit & Granola Bar Raisin Bran Banana 100% Orange & Apple Juice</p>	<p>4</p> <p>WG Glazed Cinnamon Rolls Turkey Sausage Links Yogurt, Fruit & Granola Bar Rice Chex Gala Apples 100% Orange & Apple Juice</p>	<p>5</p> <p>Fried Egg, Sausage Pattie/Veggie Sausage & Breakfast Grits Margarine & Ketchup Yogurt, Fruit & Granola Bar Cinnamon Toast Crunch Local Pears 100% Orange & Apple Juice</p>	<p>6</p> <p>Cheese Filled Omelet & Whole Grain Bagel Cream Cheeses & Margarine Yogurt, Fruit & Granola Bar Golden Grahams Golden Delicious Apple 100% Orange & Apple Juice</p>
<p>9</p> <p>WG French Toast Sticks, Turkey Sausage Links Maple Syrup Yogurt, Fruit & Granola Bar Rice Chex Banana 100% Orange & Apple Juice</p>	<p>10</p> <p>Ham, Egg & Cheese Whole Wheat Biscuit Sandwich Veggie Sausage Yogurt, Fruit & Granola Bar Cinnamon Toast Crunch Golden Delicious Apple 100% Orange & Apple Juice</p>	<p>11</p> <p>Cinnamon Apple French Toast Bake Maple Syrup Yogurt, Fruit & Granola Bar Apple Cinnamon Cheerios Local Pears 100% Orange & Apple Juice</p>	<p>12</p> <p>Scratch Made Whole Grain Chocolate Chip Pancakes Margarine & Syrup Yogurt, Fruit & Granola Bar Golden Grahams Tangerine 100% Orange & Apple Juice</p>	<p>13</p> <p>Sausage & Cheese Whole Grain Bagel Sandwich Veggie Sausage Yogurt, Fruit & Granola Bar Raisin Bran Gala Apple 100% Orange & Apple Juice</p>
<p>16</p> <p>School Closed MLK Jr. Day Students Check In</p>	<p>17</p> <p>Bacon & Egg on WG Croissant Veggie Sausage Yogurt, Fruit & Granola Bar Raisin Bran Gala Apple 100% Orange & Apple Juice</p>	<p>18</p> <p>Egg & Cheese on Whole Wheat English Muffin Ketchup Yogurt, Fruit & Granola Bar Golden Grahams Local Pears 100% Orange & Apple Juice</p>	<p>19</p> <p>Veggie Egg Bites WG Gourmet Waffle Maple Syrup & Margarine Yogurt, Fruit & Granola Bar Rice Chex Banana 100% Orange & Apple Juice</p>	<p>20</p> <p>Pancake Sausage On A Stick Maple Syrup Yogurt, Fruit & Granola Bar Apple Cinnamon Cheerios Tangerines 100% Orange & Apple Juice</p>
<p>23</p> <p>Cheesy Eggs, WG Toast & Home Fried Potatoes Ketchup Yogurt, Fruit & Granola Bar Rice Chex Local Pear 100% Orange & Apple Juice</p>	<p>24</p> <p>WG French Toast Sticks, Turkey Sausage Pattie Maple Syrup Yogurt, Fruit & Granola Bar Apple Cinnamon Cheerios Banana 100% Orange & Apple Juice</p>	<p>25</p> <p>Scrambled Eggs, Bacon & Cinnamon Oatmeal Ketchup Yogurt, Fruit & Granola Bar Golden Grahams 100% Orange & Apple Juice Golden Delicious Apple</p>	<p>26</p> <p>Fried Egg & Whole Grain Bagel Cream Cheeses & Margarine Ketchup Yogurt, Fruit & Granola Bar Raisin Bran Gala Apple 100% Orange & Apple Juice</p>	<p>27</p> <p>School Closed Professional Development Day</p>
<p>30</p> <p>Scrambled Eggs, Turkey Sausage Links & Cream of Wheat Ketchup Yogurt, Fruit & Granola Bar Golden Grahams Gala Apple 100% Orange & Apple Juice</p>	<p>31</p> <p>Turkey Sausage, Cheese & Egg Stuffed Biscuit Yogurt, Fruit & Granola Bar Apple Cinnamon Cheerios Golden Delicious Apple 100% Orange & Apple Juice</p>			

Breakfast is the most important meal of the day.

Offering four (4) food items from three (3) components; fruits or vegetables, grains, and choice of milk.

Minimum

Recommendations:

1/2c. Fruit or 1/2c. Vegetable
Plus, two (2) other foods.

One 100% Juice=1/2c. Fruit
One Whole Fruit=1/2c. Fruit
One Cereal=Grain
4oz Yogurt or
One 8oz. Milk=Dairy

Available Everyday

Fat Free (Skim) Chocolate
Milk & Low Fat (1%)
Chocolate Milk.
100% Orange Juice
& 100% Apple Juice.

We source our eggs, fruit, vegetables, and dairy products from local farms whenever possible.



Participates in the National School Lunch Program (NSLP) and adheres to the guidelines established by the USDA.

This Institution is an Equal Opportunity Employer.



Dining Services Lunch Menu | January 2023

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Tips & Gravy ² Gardein Vegan Beef Strips Brown Rice, Peas & Carrots Whole Grain Dinner Roll WG Cheese Pizzas Global Fare: Chicken & Cheese Quesadillas On WG Tortilla Mexican Corn Classic Chicken Noodle Soup</p>	<p>Fish Filet Sandwich w/Cheese On Whole Grain Bun ³ Gardein Fishless Filet, Tartar Sauce Fresh Steamed Broccoli WG Cheese Pizza Global Fare: Swedish Meatballs Whole Grain Penne Pasta Seasoned Carrots Turkey Chili w/Beans</p>	<p>Beef Meatloaf w/Gravy ⁴ Plant Based Meatballs Mashed Potatoes, Corn Whole Grain Dinner Roll WG Cheese Pizza Global Fare: Chicken Nuggets Baked Waffle Fries Celery & Carrot Sticks w/Dips Chicken Poblano Pepper Soup</p>	<p>Buffalo Chicken Caesar Salad ⁵ Gardein Chicken Strips Whole Grain Breadstick WG Cheese Pizza Global Fare: Beef Nachos Cheesy Refried Beans Sour Cream & Pico Tomato Florentine Soup</p>	<p>BBQ Chicken Thighs ⁶ Gardein Chicken Breast WG Macaroni & Cheese Honey Roasted Brussel Sprouts Whole Grain Dinner Roll WG Cheese Pizza Global Fare: Grilled Cheese Duo-Classic & With Tomato Tomato Basil Bisque</p>
<p>Popcorn Chicken Bowl w/Corn ⁹ Morning Star Chick'N Tenders Whole Grain Dinner Roll WG Cheese & Supreme Pizza Global Fare: Pasta Rosa w/Meat Sauce Balsamic Roasted Squash & Zucchini WG Garlic Breadstick Italian Wedding Soup</p>	<p>BBQ Pork Riblet on White Wheat Hoagie ¹⁰ Sweet Potato Fries Homemade Cole Slaw & Pickle WG Cheese & Meat Lover's Pizza Global Fare: Mexican Casado Brown Rice Bowl w/Chicken Butternut Squash Soup</p>	<p>Grilled Teriyaki Chicken Sandwich On Whole Grain Bun ¹¹ Gardein Chick' N Breast Broccoli & Cauliflower WG Cheese & Supreme Pizzas Global Fare: Chili Con Carne Baked Potato, Sour Cream, Chives Whole Grain Dinner Roll Chicken Tortilla Soup</p>	<p>Burger Bar-Swiss or Plain ¹² Whole Grain Bun, Condiments Gardenburger Malibu Burger Sauteed Mushrooms & Onions Baked Tater Tots & Condiments WG Cheese & Meat Lover's Pizza Global Fare: Greek Salad w/Chicken WW Croutons & WG Dinner Roll New England Clam Chowder</p>	<p>Whole Wheat Spaghetti & Meat Marinara, Parmesan ¹³ Crispy Breaded Zucchini Sticks WG Garlic Breadstick WG Cheese & Supreme Pizza Global Fare: Chicken Fried Rice Gardein Vegan Chicken Strips WG Fortune Cookies Beef & Pepper Soup</p>
<p>School Closed MLK Jr. Day Students Check In</p>	<p>WG Chicken Tenders Basket ¹⁷ Vegan Chick'N Tenders, Sauces Sweet Potato Waffle Fries WG Cheese & Supreme Pizza Global Fare: Fish Filet w/Cheese On WG Bun, Tartar Sauce Baked Potato Wedges Vegetable Medley Soup</p>	<p>Chicken Caesar Salad w/Multi-Grain Croutons Whole Grain Dinner Roll ¹⁸ Morning Star Vegan Chicken Strips WG Cheese & Meat Lover's Pizza Global Fare: Russian Beef Stroganoff Whole Wheat Fusilli Pasta Lemon Herbed Green Beans Loaded Potato Soup</p>	<p>Grilled Ham & Cheddar ¹⁹ Red & Green Grapes Cups Apple Wedge Cups WG Cheese & Supreme Pizza Global Fare: Chicken Alfredo Vegan Chick'n Strips Fresh Steamed Broccoli WG Garlic Breadstick Chicken & Egg Noodle Soup</p>	<p>Sloppy Joe On Whole Grain Bun ²⁰ Crinkle Cut Baked Fries & Corn WG Cheese & Meat Lover's Pizza Global Fare: Sriracha Chicken & Cheese Quesadilla Morning Star Chicken Tenders Costa Rican Black Beans & Rice Guacamole & Cilantro Lime Crema Chicken Corn Chowder</p>
<p>Chicken Pot Pie ²³ Over Whole Grain Biscuit Fresh Steamed Broccoli WG Cheese & Supreme Pizza Global Fare: Beef Soft Tacos Gardein Vegan Beef Strips Spanish Brown Rice Sour Cream & Salsa Broccoli & Cheddar Soup</p>	<p>Chef Salad w/Ham, Egg & Cheese WW Croutons & WG Dinner Roll ²⁴ Green Goddess Dressing WG Cheese & Meat Lover's Pizza Global Fare: Chicken Shawarma Gardein Vegan Chicken Mediterranean Lentil & Quinoa Thai Chicken & Rice Soup</p>	<p>Grilled Turkey Burger Bar ²⁵ Whole Grain Bun, Condiments Portobello Mushroom Burger Sauteed Onion & Mushrooms Sweet Potato Fries WG Cheese & Supreme Pizza Global Fare: Sriracha Chicken Noodle Bowl Butternut Squash Soup</p>	<p>Pulled Chicken BBQ Sandwich on Whole Grain Bun ²⁶ BBQ Gardein Chick' N Breast Carrot & Celery Sticks w/Ranch Dip WG Cheese & Meat Lover's Pizza Global Fare: Beef Stroganoff w/Whole Grain Penne Pasta Steamed Fresh Green Beans Italian Wedding Soup</p>	<p>School Closed Professional Development Day</p>
<p>Meatball Marinara On White Wheat Sub Roll ³⁰ Vegan Plant Based Meatballs Crispy Breaded Zucchini Sticks WG Cheese & Supreme Pizza Global Fare: Chicken Taco WG Flatbread Black Bean & Corn Salad Classic Chicken Noodle</p>	<p>Beef Pasta Bake w/Whole Grain Penne, WG Garlic Breadstick ³¹ Balsamic Roasted Squash WG Cheese & Meat Lover's Pizza Global Fare: WG Chicken Patty BLT On Whole Grain Bun, Condiments Crispy Baked Crinkle Cut Fries Turkey Chili w/Bean</p>			

Offering five (5) food items from five (5) components; fruits, vegetables, grains, meat/meat alternatives, and choice of milk.

Minimum Recommendations:

1/2c. Fruit or 1/2c. Vegetable plus, two (2) other foods.

One Whole Fruit=1/2c. Fruit
 One Vegetable
 One Grain
 One 8oz. Milk

Available Everyday

Fat Free (Skim) Chocolate Milk & Low Fat (1%) Milk.
 Enhanced Water Fountain Beverages: Vitamin Water
 XXX Acai-Blueberry
 Pomegranate & Minute Maid
 Zero Sugar Lite Lemonade.

Deli sandwiches made to order. In Season Whole Fresh Fruit & Salad Bar including composed salads, proteins, toppings & salad dressings.



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Dining Services After School/PM Snack | January 2023

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>After School Snack</u> Mott's 100% Fruit Punch JB Blueberry Belvita Bars <u>Evening Snack at Dinner</u> Ruffles Potato Chips	3 <u>After School Snack</u> Mott's 100% Apple JB Nature Valley Chewy Bars <u>Evening Snack at Dinner</u> Cheetos	4 <u>After School Snack</u> Mott's 100% Fruit Punch JB Fig Newtons <u>Evening Snack at Dinner</u> Cool Ranch Doritos	5 <u>After School Snack</u> Mott's 100% Apple JB Cheeze- Its-Whole Grain <u>Evening Snack at Dinner</u> Frito's Corn Chips	6 <u>After School Snack</u> Mott's 100% Apple JB Rold Gold Mini Pretzels <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Oreo Cookies-4 Pack
9 <u>After School Snack</u> Mott's 100% Apple JB WG Goldfish Cracker <u>Evening Snack at Dinner</u> Doritos Nacho Cheese	10 <u>After School Snack</u> Mott's 100% Apple JB Blueberry Belvita Bars <u>Evening Snack at Dinner</u> Ritz Bits Cheese Crackers	11 <u>After School Snack</u> Mott's 100% Fruit Punch JB Honey Grahams <u>Evening Snack at Dinner</u> Grandma's Cookies	12 <u>After School Snack</u> Mott's 100% Apple JB Nature Valley Chewy Bars <u>Evening Snack at Dinner</u> Oatmeal Cream Pies	13 <u>Friday After School Snack</u> Mott's 100% Apple Juice JB Tiger Bites-Cinnamon
16 School Closed MLK Jr. Day Students Check In <u>Monday Evening Snack</u> Mott's 100% Fruit Punch JB Crunchy Cheetos	17 <u>After School Snack</u> Mott's 100% Apple JB WG Goldfish Pretzel <u>Evening Snack at Dinner</u> Mixed Fruit Cup	18 <u>After School Snack</u> Mott's 100% Fruit Punch JB Fig Newtons <u>Evening Snack at Dinner</u> Scooby Snack Fruit Gummies	19 <u>After School Snack</u> Mott's 100% Apple JB Rold Gold Mini Pretzels <u>Evening Snack at Dinner</u> Ruffles Potato Chips	20 <u>Friday After School Snack</u> Mott's 100% Apple Juice JB Goldfish Cinnamon Graham <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Smartfood Cheddar Popcorn
23 <u>After School Snack</u> Mott's 100% Apple JB Cheeze- Its-Whole Grain <u>Evening Snack at Dinner</u> Mandarin Oranges	24 <u>After School Snack</u> Mott's 100% Apple JB Nature Valley Chewy Bars <u>Evening Snack at Dinner</u> Strawberry Yogurt Chex Mix	25 <u>After School Snack</u> Mott's 100% Apple JB Goldfish Cinnamon Graham <u>Evening Snack at Dinner</u> Oreo Cookie-4 Pack	26 <u>After School Snack</u> Mott's 100% Apple JB Rold Gold Mini Pretzels <u>Evening Snack at Dinner</u> Tropical Fruit Cup	27 School Closed Professional Development Day <u>Sunday Evening Snack</u> Mott's 100% Fruit Punch JB Cool Ranch Doritos
30 <u>After School Snack</u> Mott's 100% Fruit Punch JB Tiger Bites-Cinnamon <u>Evening Snack At Dinner</u> Fruit Roll Up	31 <u>After School Snack</u> Mott's 100% Apple JB Fig Newtons <u>Evening Snack at Dinner</u> Diced Peaches			

After School Snack
Offering two (2) food items from four (4) components; vegetables and fruits, grains, meat/meat alternatives.

Minimum Recommendations:
3/4c. vegetable, fruit or 100% fruit juice.
Plus, grain or 1oz. meat/meat alternative such as cheese, egg, peanut butter.

One Whole Fruit=1/2c. Fruit

Evening Snack
Offering one (1) food item provided as a takeaway during dinner meal service.



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Dining Services Dinner Menu | January 2023

The SEED School of Maryland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Grilled Chicken Parmesan Vegan Chick n' Cutlets Caprese Pasta Salad Global Fare: Zesty Spaghetti & Meat Sauce, Garlic Toast Fresh Steamed Green Beans Strawberry Shortcake</p>	<p>3</p> <p>Pulled Smoked BBQ Pork Traditional & Mustard Sauces Hoppin' John Collard Greens Warm Cornbread, Honey Butter Global Fare: Nashville Hot Chicken Sandwich Vegan Chick n' Cutlets Southern Style Cole Slaw</p>	<p>4</p> <p>Chicken Fettuccine Alfredo Baked Macaroni & Cheese Fresh Steamed Broccoli Global Fare: Beef Fajitas Gardein Vegan Beef Strips Spanish Rice Salsa & Sour Cream Assorted Jell-O Parfaits **Funnel Cake Fries**</p>	<p>5</p> <p>Plain & Pizza Style Turkey Burgers on Potato Rolls Black Bean Gardenburger Miss Vickie's Kettle Cooked Chips Chipotle Mayo & Ranch Spread Global Fare: Cuban Panini Sweet Potato Fries Warm Snickerdoodle Cookies</p>	<p>6</p> <p>Have A Safe & Wonderful Weekend!</p>
<p>9</p> <p>Salisbury Steak & Peppered Gravy Yukon Mashed Potatoes Cut Green Beans Global Fare: Chicken Teriyaki Gardein Vegan Chick' N Strips Lo Mein Noodles Pork Potstickers & Soy Sauce Oreo Dirt Pudding Parfait</p>	<p>10</p> <p>French Toast Frenzy Strawberry, Blueberry & Banana Toppings, Whipped Cream Turkey Sausage Links Global Fare: Pepperoni & Cheese Flatbread Pizzas Plant Based Meatballs Soft Baked Chocolate Chip Cookies</p>	<p>11</p> <p>Bruschetta Style Italian Ravioli Sauteed Spinach, Garlic Toast Global Fare: Jamaican Jerk Chicken w/Mumbo Sauce Gardein Chick' N Strips Red Beans & Rice Sauteed Cabbage Red Velvet Cake ** Spirit Lifter-Popcorn Cart **</p>	<p>12</p> <p>Lemony Fried Catfish Gardein Fishless Filets Roasted Red Potatoes Boom Boom Sauce Hushpuppies & Honey Butter Global Fare: Chicken Fajitas Cilantro Lime Rice Salsa, Guacamole & Sour Cream Banana Pudding Parfait</p>	<p>13</p> <p>Have A Safe & Wonderful Weekend!</p>
<p>16</p> <p>School Closed MLK Jr. Day Students Check In</p>	<p>17</p> <p>Turkey Jalapeno Panini Miss Vickie's Kettle Cooked Chips Global Fare: Baked Ziti w/Italian Sausage Vegan Italian Sausage Fresh Steamed Green Beans Herbed Garlic Bread Root Beer Floats</p>	<p>18</p> <p>Pizza Night Buffalo Chicken Pizza Chicken Bacon Ranch Global Fare: Korean Pork Riblets Sauteed Spinach Mashed Sweet Potatoes Chocolate Chip Brownies ** Spirit Lifter-Vanilla & Chocolate Cupcakes **</p>	<p>19</p> <p>Asian Pepper Steak Steamed Jasmine Rice Vegetable Egg Roll Global Fare: Blackened Tilapia Fish Tacos w/Creole Sauce Gardeib Fishless Filets Mango Yellow Rice Guacamole Cabbage Slaw White Chocolate Chip Cookies</p>	<p>20</p> <p>Have A Safe & Wonderful Weekend!</p>
<p>23</p> <p>Bacon Cheeseburger Flatbread Roasted Garlic & Quinoa Burger Antipasto Salad Global Fare: Harlem Fried Chicken & Pearl Sugar Waffles Maple Syrup & Butter Honey Mustard Warm Chocolate Chip Cookies</p>	<p>24</p> <p>Ballpark Dogs Global Fare: White Cheddar Mac & Cheese Bar Sauteed Bacon, Sauteed Mushrooms, Peas Roasted Poblano Peppers Fried Brussel Sprouts Herbed Garlic Breadcrumbs Vanilla & Chocolate Pudding</p>	<p>25</p> <p>Beef Philly Cheesesteaks Mushrooms, Peppers & Onions Seasoned Crinkle Cut Fries Chicken Philly Cheesesteaks Gardein Chicken Strips Mushrooms, Peppers & Onions Seasoned Crinkle Cut Fries Warm Apple Crisp & Cream **Spirit Lifter-Cinnamon Soft Pretzels**</p>	<p>26</p> <p>No Dinner Meal Students Check Out In Afternoon</p>	<p>27</p> <p>School Closed Professional Development Day</p>
<p>30</p> <p>BBQ Chicken Ranch Flatbread Lemony Steamed Broccoli Global Fare: Tempura Style Sweet & Sour Chicken Asian Fried Rice Szechuan Green Beans Vegetable Spring Roll Oreo Brownies</p>	<p>31</p> <p>Breakfast For Dinner Scrambled Eggs, Sausage Shredded Hash Brown Potatoes Warm Cheddar & Chive Biscuits Global Fare: Pancake Bar Chocolate Chip or Buttermilk Pancakes + Toppings Pork & Turkey Bacon White Chocolate Chip Cookies</p>			

Dinner menus allow culinary creativity and always offer a hearty main course including meat/meat alternatives, side item and vegetable accompaniments plus dessert.

Available During Dinner
Enhanced Water Fountain
Beverages Plus
Powerade Mountain Berry Blast & Fruit Punch, Minute Maid Lemonade, Cranberry & Blended Orange Juice, Ginger Ale, Hi-C Fruit Punch, Gold Peak Sweetened Tea & Sprite.

Salad bar including composed salads, proteins & toppings.

Soup as listed on lunch menu.

Whole fresh fruit market cart.

Wednesday night spirit lifters & seasonal theme/holiday menus.



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