

Meriwether-Godsey at Sidwell Friends Lower School



Daily Choices	Monday 1/12/2009	Tuesday 1/13/2009	Wednesday 1/14/2009	Thursday 1/15/2009	Friday 1/16/2009
<i>Snack</i>	Bananas Cream of Tomato Soup ▼	Mini Corn Muffins	Organic Grapes & Cheese Cream of Broccoli Soup ▼	Goldfish	Yogurt Chicken Noodle Soup ▼
<i>Classic Entrées</i>	All Natural Chicikjen Patty	All Natural Beef Chili	Roasted Natural Turkey Breast ▼	All Natural Jerk Chicken Wings ▼	Multi-Grain Pizza ▼
<i>Vegetarian</i>	Garden Patty ▼	Organic Vegetarian Chili ▼	Vegetarian Quiche ▼	Red Beans & Rice ▼	Roasted Veggie Calzone ▼
<i>Vegetables & Accompaniments</i>	Organic Baked Fries ▼	Steamed Zucchini ▼	Mashed Potatoes Sweet Peas▼	Firecracker Slaw ▼	Classic Caesar Salad▼▼
<i>Dessert</i>	Organic Apricots	Grapefruit Slices ▼	Tangerines ▼▼	Pineapple Slices ▼▼	Italian Ice
Daily Choices	Monday 1/19/2009	Tuesday 1/20/2009	Wednesday 1/21/2009	Thursday 1/22/2009	Friday 1/23/2009
<i>Snack</i>		No School	Pita & Hummus	Bananas Corn Chowder	Cheese & Crackers
<i>Classic Entrées</i>	Martin Luther King, Jr. Birthday	Inauguration of the 44th President	Broccoli Slaw ▼	Natural Beef Soft Tortillas	Baby Spinach with Mandarin Oranges ▼
<i>Vegetarian</i>		Barack Obama	All Natural Meat Sauce		Roasted Atlantic Salmon ▼
<i>Vegetables & Accompaniments</i>			Pasta	Boca Tortillas ▼ All The Fixings	Garlic Basil Pasta
<i>Dessert</i>			Steamed Organic Broccoli ▼	Spanish Rice ▼	Roasted Local Squash ▼
			Fresh Strawberries	Fresh Peaches	Ice Cream
Daily Choices	Monday 1/26/2009	Tuesday 1/27/2009	Wednesday 1/28/2009	Thursday 1/29/2009	Friday 1/30/2009
<i>Snack</i>	Multi Grain Chips	Carrots & Organic Dip Oriental Vegetable Soup ▼	All Natural Cheese & Organic Wheat Rolls	Banana Bread	Sliced Pears
<i>Classic Entrées</i>	Antipasto	Natural Chicken & Broccoli Asian	Deluxe Tossed Salad▼▼	Classic Caesar Salad	Farmers Salad▼▼
<i>Vegetarian</i>	Spaghetti & Meatballs	Local Vegetable Asian Sauté ▼	All Natural Sheppherds Pie	Shrimp Creole	Beef Stroganoff
<i>Vegetables & Accompaniments</i>	Roasted Spaghetti Squash ▼	Sticky Rice ▼▼	Vegetarian Sheppherds Pie ▼	Rice Primavera ▼	Wild Mushroom Stroganoff ▼
<i>Dessert</i>	Bananas▼	Apricots ▼	Sauteed Greens▼	Steamed Spinach ▼	Local Squash Medley▼ ▼
			Bartlett Pears ▼	Clementines ▼	Yogurt & Fresh Berries
Daily Choices	Monday 2/2/2009	Tuesday 2/3/2009	Wednesday 2/4/2009	Thursday 2/5/2009	Friday 2/6/2009
<i>Snack</i>	Grapes & Cheese Potato Leek Soup ▼	Pumpkin Bread	Yogurt Corn Chowder▼	Scones	Sliced Apples & Cheese
<i>Classic Entrées</i>	Philly Cheesesteaks	Spinach Salad ▼▼ Cheese Tortellini w/ Garden	Chicken Fajitas	Organic Carrot & Celeriac Soup	Roasted Red Pepper & Tomato Soup
<i>Vegetarian</i>	Grilled Vegetable Wraps ▼	Steamed Broccoli ▼ ▼	Spicy Organic Black Bean Tortillas ▼	Bell & Evans Roasted Chicken	Garden Vegetable Quiche ▼
<i>Vegetables & Accompaniments</i>	Garlic Green Beans ▼	Cinnamon Orange Slices	Yellow Rice ▼▼	Gemelli Pasta & No Nut Pesto ▼	Fresh Asparagus ▼
<i>Dessert</i>	Organic Pear Slices		Pineapple Slices ▼	Organic Rainbow Chard ▼▼	Baguettes
				Tangerines ▼	Italian Ice

Vegetarian Option ▼

Low Fat Option ▼