



703-729-9144

August 2017

Menu Questions ?
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- All lunches are served with Hormone Free low-fat milk. Infants and toddlers are served whole milk.
- Fresh seasonal or chilled fruit and vegetables are included with every meal.
- This menu does not contain peanuts or peanut products.
- We strive to provide meats that are hormone and antibiotic free.

| Mon | Tue | Wed | Thu | Fri |
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| <p><i>Allergens:</i> *CONTAINS MILK ^CONTAINS EGG *CONTAINS FISH # CONTAINS GLUTEN</p> | <p>1 #“Breakfast for Lunch” French Toast , Maple Syrup, Turkey Sausage, Fresh Veggies with *^Ranch Dip. Fresh Fruit. Milk Veg- Meatless</p> | <p>2 #*Cheddar Cheese and Corn Quesadillas, Tomato Salsa, *Sour Cream, Black Beans. Fresh Fruit. Milk Veg- Same</p> | <p>3 #Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk Veg– Meatless</p> | <p>4 #^Turkey Meatballs & Gravy, Steamed Basmati Rice, Fresh Veggies & Ranch Dressing. Fresh Fruit. Milk. Veg– Veggie Meatballs</p> |
| <p>7 #*Macaroni and Cheese with Cheddar and Parmesan Cheese, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p> | <p>8 #Grilled Cheese Sandwich,, Tomato Soup Spinach Salad, Raspberry Dressing, Fresh Fruit, Milk. Veg-Same</p> | <p>9 #*Chicken and Pasta <i>Alf redo</i>, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p> | <p>10 Asian Stir Fried Beef or Tofu and Broccoli with Steamed Jasmine Rice. <i>Fresh Veggies</i>, *^Ranch Dip, Fresh Fruit. Milk</p> | <p>11 *^#Chicken Tenders, Steamed Vegetables, Fresh Fruit. Milk Veg- Veggie Nuggets</p> |
| <p>14 Turkey Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk Veg- #*^Veggie Burge</p> | <p>15 <i>Stir Fry Chicken Teriyaki or Tofu With Steamed Basmati Rice, Fresh Veggies</i>, *^Ranch Dip, Milk. Fresh Fruit.</p> | <p>16 Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese</p> | <p>17 Jambalaya. Steamed Basmati Rice, Mild Cajun Sausage, Carrots. Steam Veg. Milk. Fruit. Veg – Meatless Sausage</p> | <p>18 #Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie Patty</p> |
| <p>21 #Chicken Nuggets with Sweet and Sour Sauce, Steamed Vegetable , Milk. Fresh Fruit. Veg-Veggie Nuggets</p> | <p>22 #Pasta and Turkey Meat Balls in Tomato Sauce, Parmesan cheese, Cucumbers and Ranch, Fresh Fruit. Milk. Veg– Veggie Meatballs</p> | <p>23 All Beef Hotdogs, Baked Beans, Spinach Salad w/Raz Vinaigrette, Fresh Fruit. Milk Veg- Tofu Hotdog</p> | <p>24 “Fish and Chips” X*#^Hush Puppy Breaded Pollock w/ French Fries. Baby Carrots & Ranch. Fresh Fruit. Milk. Veg– Veg Nuggets</p> | <p>25 *^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same</p> |
| <p>28 Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same</p> | <p>29 #*Whole Grain Pita Pizza, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p> | <p>30 #*Turkey & Cheese Melt. Roasted Turkey, American Cheese, Wheat Sub Roll. Steamed Vegetable. Milk. Fresh Fruit. Veg-Meatless</p> | <p>31 #Baked Penne Pasta, Tomato sauce, Ricotta & Mozzarella Cheeses, Steamed Vegetable. Milk. Veg– Same. Fresh Fruit.</p> | |