




703-729-9144

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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
<p>3</p> <p>#*Macaroni and Cheese with Cheddar and Parmesan Cheese, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>	<p>4</p> 	<p>5</p> <p>#“Breakfast for Lunch” French Toast , Maple Syrup, Turkey Sausage, Fresh Veggies with *^Ranch Dip. Fresh Fruit. Milk Veg- Meatless</p>	<p>6</p> <p>#*Chicken and Pasta Alfredo, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>	<p>7</p> <p>“Fish and Chips” X*#^Hush Puppy Breaded Pollock w/ French Fries. Fresh Veggies & Ranch. Fresh Fruit. Milk. Veg- Veg Nuggets</p>
<p>10</p> <p>Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same</p>	<p>11</p> <p>Stir Fry Chicken Teriyaki or Tofu With Steamed Basmati Rice, Fresh Veggies, *^Ranch Dip, Milk. Fresh Fruit.</p>	<p>12</p> <p>All Beef Hotdogs, Baked Beans, House Salad, Fresh Fruit. Milk Veg- Tofu Hotdog</p>	<p>13</p> <p>Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese</p>	<p>14</p> <p>#Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie Patty</p>
<p>17</p> <p>*^#Chicken Tenders, Steamed Vegetables, Fresh Fruit. Milk Veg- Veggie Nuggets</p>	<p>18</p> <p>#Baked Penne Pasta, Tomato sauce, Ricotta & Mozzarella Cheeses, Steamed Vegetable. Milk. Veg- Same. Fresh Fruit.</p>	<p>19</p> <p>#*Turkey & Cheese Melt. Roasted Turkey, American Cheese, Wheat Sub Roll. Cukes & Ranch Dressing.. Milk. Fresh Fruit. Veg-</p>	<p>20</p> <p>#Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk Veg- Meatless</p>	<p>21</p> <p>#^Turkey Meatballs & Gravy, Steamed Basmati Rice, Carrots & Ranch Dressing. Fresh Fruit. Milk. Veg- Veggie Meatballs</p>
<p>24</p> <p>*^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same</p>	<p>25</p> <p>#Grilled Cheese Sandwich,, Tomato Soup Spinach Salad, Raspberry Dressing, Fresh Fruit, Milk. Veg-Same</p>	<p>26</p> <p>Jambalaya. Steamed Basmati Rice, Mild Cajun Sausage, Carrots. Steam Veg. Milk. Fruit. Veg- Meatless Sauce</p>	<p>27</p> <p>#Pasta and Meat Balls in Tomato Sauce, Parmesan cheese, Romaine Salad, Fresh Fruit. Milk. Veg- Veggie Meatballs</p>	<p>28</p> <p>Turkey Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk Veg- #*^Veggie Burge</p>
<p>31</p> <p>#Chicken Nuggets,Sweet and Sour Sauce, Steamed Vegetables, Milk. Fresh Fruit. Veg-Veggie Nuggets</p>				<p>Allergens: *CONTAINS MILK ^CONTAINS EGG *CONTAINS FISH # CONTAINS GLUTEN</p>