



703-729-9144

# June 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
<p><i>Allergens:</i> *CONTAINS MILK ^CONTAINS EGG *CONTAINS FISH # CONTAINS GLUTEN</p>		<p>**Turkey &amp; Cheese Melt. Roasted Turkey, American Cheese, Wheat Sub Roll. Steamed Vegetable. Milk. Fresh Fruit. Veg-Meatless</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 *^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same</p>
<p>5 **Macaroni and Cheese with Cheddar and Parmesan Cheese, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>	<p>6 #Grilled Cheese Sandwich,, Tomato Soup Spinach Salad, Raspberry Dressing, Fresh Fruit, Milk. Veg-Same</p>	<p>7 Asian Stir Fried Beef or Tofu and Broccoli with Steamed Jasmine Rice. <i>Fresh Veggies</i>, *^Ranch Dip, Fresh Fruit. Milk</p>	<p>8 **Chicken and Pasta Alfredo, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>	<p>9 “Fish and Chips” X*^Hush Puppy Breaded Pollock w/ French Fries. Fresh Veggies &amp; Ranch. Fresh Fruit. Milk. Veg- Veg Nuggets</p>
<p>12 Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same</p>	<p>13 Stir Fry Chicken Teriyaki or Tofu With Steamed Basmati Rice, <i>Fresh Veggies</i>, *^Ranch Dip, Milk. Fresh Fruit.</p>	<p>14 All Beef Hotdogs, Baked Beans, House Salad, Fresh Fruit. Milk Veg- Tofu Hotdog</p>	<p>15 Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese</p>	<p>16 #Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie Patty</p>
<p>19 *^#Chicken Tenders, Grain and Vegetable Blend. Fresh Fruit. Milk Veg- Veggie Nuggets</p>	<p>20 #Baked Penne Pasta, Tomato sauce, Ricotta &amp; Mozzarella Cheeses, Steamed Vegetable. Milk. Veg- Same. Fresh Fruit.</p>	<p>21 **Turkey &amp; Cheese Melt. Roasted Turkey, American Cheese, Wheat Sub Roll. Steamed Vegetable. Milk. Fresh Fruit. Veg-Meatless</p>	<p>22 #Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk Veg- Meatless</p>	<p>23 #^Turkey Meatballs &amp; Gravy, Steamed Basmati Rice, Fresh Veggies &amp; Ranch Dressing. Fresh Fruit. Milk. Veg- Veggie Meatballs</p>
<p>26 #Chicken Nuggets with Sweet and Sour Sauce, Vegetable Fried Rice, Milk. Fresh Fruit. Veg- Veggie Nuggets</p>	<p>27 **Whole Grain Pita Pizza, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>	<p>28 Jambalaya. Steamed Basmati Rice, Mild Cajun Sausage, Carrots. Steam Veg. Milk. Fruit. Veg- Meatless Sausage</p>	<p>29 #Pasta and Meat Balls in Tomato Sauce, Parmesan cheese, Romaine Salad, Fresh Fruit. Milk. Veg- Veggie Meatballs</p>	<p>30 Turkey Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk Veg- #*^Veggie Burge</p>