



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><i>Allergens:</i> *CONTAINS MILK ^CONTAINS EGG *CONTAINS FISH # CONTAINS GLUTEN</p>			<p>1 #“Breakfast for Lunch” French Toast , Maple Syrup, Turkey Sausage, Fresh Baby Carrots with *^Ranch Dip. Fresh Fruit. Milk Veg- Meatless</p>	<p>2 #Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese</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 #Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk Veg- Meatless</p>	<p>8 Stir Fry Chicken Teriyaki or Tofu With Steamed Basmati Rice, Fresh Veggies, *^Ranch Dip, Milk. Fresh Fruit.</p>	<p>9 #*Chicken and Pasta Alfredo, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>
<p>12 Beef Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk Veg- #*^Veggie Burge</p>	<p>13 *^#Chicken Tenders, Steamed Vegetables, Fresh Fruit. Milk Veg- Veggie Nuggets</p>	<p>14 Smoked Turkey, Peas, Bow Tie Pasta, Lemon Butter Sauce. Steamed Vegetables. Milk. Fresh Fruit.</p>	<p>15 Jambalaya. Steamed Basmati Rice, Mild Cajun Sausage, Carrots. Steam Veg. Milk. Fruit. Veg – Meatless Sausage</p>	<p>16 #Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie Patty</p>
<p>19 Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same</p>	<p>20 #*Whole Grain Pita Pizza, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same</p>	<p>21 #*Turkey & Cheese Melt. Roasted Turkey, American Cheese, Wheat Sub Roll. Steamed Vegetable. Milk. Fresh Fruit. Veg-Meatless</p>	<p>22 #Baked Penne Pasta, Tomato sauce, Ricotta & Mozzarella Cheeses, Steamed Vegetable. Milk. Veg- Same. Fresh Fruit.</p>	<p>23 #^Turkey Meatballs & Gravy, Steamed Basmati Rice, Fresh Veggies & Ranch Dressing. Fresh Fruit. Milk. Veg- Veggie Meatballs</p>
<p>26 #Chicken Nuggets with Sweet and Sour Sauce, Steamed Vegetable , Milk. Fresh Fruit. Veg-Veggie Nuggets</p>	<p>27 #Pasta and Turkey Meat Balls in Tomato Sauce, Parmesan cheese, Cucumbers and Ranch, Fresh Fruit. Milk. Veg- Veggie Meatballs</p>	<p>28 All Beef Hotdogs, Baked Beans, Spinach Salad w/Raz Vinaigrette, Fresh Fruit. Milk Veg- Tofu Hotdog</p>	<p>29 “Fish and Chips” X*#^Hush Puppy Breaded Pollock w/ French Fries. Baby Carrots & Ranch. Fresh Fruit. Milk. Veg- Veg Nuggets</p>	<p>30 *^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same</p>