



703-729-9144

# April 2018

Menu Questions ?  
Tony.Fiorino@openarms-ccdc.org

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