Open arms
Christian Child Development Center

703-729-9144

Oct 2018

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
1 #*Macaroni and Cheese with Cheddar and Parmesan Cheese, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same	*2* "Fish and Chips" X*#^Hush Puppy Breaded Pollock w/ French Fries. Baby Carrots & Ranch. Fresh Fruit. Milk. Veg– Veg Nuggets	*3* Asian Stir Fried Beef or Tofu and Broccoli with Steamed Jasmine Rice. *Fresh Veggies, *^Ranch Dip,* Fresh Fruit. Milk	*4* #Baked Penne Pasta, Tomato sauce, Ricotta & Mozzarella Cheeses, Steamed Vegetable. Milk. Veg– Same. Fresh Fruit.	*5* #Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie Patty
	9 #^Turkey Meatballs & Gravy, Steamed Basmati Rice, Fresh Veggies & Ranch Dressing. Fresh Fruit. Milk. Veg– Veggie Meatballs	*10* #Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk Veg– Meatless	*11* *Stir Fry Chicken Teriyaki or Tofu With Steamed Basmati Rice, Fresh Veggies, *^Ranch Dip,* Milk. Fresh Fruit.	*12* #Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese
15 Beef Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk *Veg- #*^Veggie Burge*	*16* *^#Chicken Tenders, Steamed Vegetables, Fresh Fruit. Milk Veg- Veggie Nuggets	*17* *Smoked Turkey, Peas, Bow Tie Pasta, Lemon Butter Sauce. Parmesan cheese, Steamed Vegetables. Milk. Fresh Fruit.*	*18* Jambalaya. Steamed Basmati Rice, Mild Cajun Sausage, Carrots. Steam Veg. Milk. Fruit. Veg – Meatless Sausage	*19* *^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same
22 *#Chicken Nuggets with Sweet and Sour Sauce, Steamed Vegetable , Milk. Fresh Fruit. Veg-Veggie Nuggets*	*23* *#Pasta and Turkey Meat Balls in Tomato Sauce, Parmesan cheese, Fresh Veggies and Ranch, Fresh Fruit. Milk. Veg– Veggie Meatballs*	*24* *All Beef Hotdogs, Baked Beans, House Salad w/ Ranch, Fresh Fruit. Milk Veg- Tofu Hotdog*	*25* *#Grilled Cheese Sandwich,, Tomato Soup Spinach Salad, Raspberry Dressing, Fresh Fruit, Milk. Veg-Same*	*26* *#*Pasta Alf redo, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same*
29 Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same	*30* #"Breakfast for Lunch" French Toast , Maple Syrup, Turkey Sausage, Fresh Veggies with *^Ranch Dip. Fresh Fruit. Milk	*31* #*Turkey & Cheese Melt. Roasted Turkey, American Cheese, Wheat Sub Roll. Steamed Veg. Milk. Fresh Fruit. Veg-Meatless		*Allergens:* **CONTAINS MILK* *^CONTAINS EGG* *ˣCONTAINS FISH* *# CONTAINS GLUTEN*