




703-729-9144

Feb 2020

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
3 *^#Chicken Tenders, Steamed Vegetables, Fresh Fruit. Milk Veg- Veggie Nuggets	4 *#Cheese Pizza, Steamed Veggies. Fresh Fruit. Milk.	5 #Pasta w/ Turkey Meat Sauce, Parmesan Cheese, Steamed Veggies. Fresh Fruit. Milk. Veg- Meatless w/ Cheese	6 All Beef Hotdogs, Baked Beans, Fresh Veggies w/ Ranch, Fresh Fruit. Milk Veg- Tofu Hotdog	7 #Chili Mac. Elbow Macaroni, Tomato Bean Turkey Chili. Steamed Vegetables. Fresh Fruit. Milk Veg- Meatless
10 #*Macaroni and Cheese with Cheddar and Parmesan Cheese, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same	11 #“Fish and Chips” X*#^Hush Puppy Breaded Pollock w/ French Fries. Fresh veggies & Ranch. Fresh Fruit. Milk. Veg- Veg Nuggets	12 Smoked Turkey, Peas, Bow Tie Pasta, Lemon Butter Sauce. Parmesan cheese, Steamed Vegetables. Milk. Fresh Fruit.	13 *^#Potato and Cheddar Pierogis. Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same	14 #Pulled Chicken Sliders w/BBQ Sauce Creamy Cole Slaw. Milk. Fresh Fruit. Veg #*Veggie nuggets
	18 #*Pasta Alf redo, Steamed Vegetable. Milk. Fresh Fruit. Veg-Same Milk	19 Beef Burgers, #WG Bun, Steamed Vegetable. Fresh Fruit Milk Veg- #*^Veggie Burge	20 #Pasta and Turkey Meat Balls in Tomato Sauce, Parmesan cheese, Fresh Veggies and Ranch, Fresh Fruit. Milk. Veg- Veggie Meatballs	21 #Chicken Nuggets with Sweet and Sour Sauce, Steamed Vegetable , Milk. Fresh Fruit. Veg-Veggie Nuggets
24 Pasta Faggioli - Elbow Macaroni, Dark Kidney Beans, Sautéed Spinach, *Parmesan Cheese, Vegetables, Fresh fruit. Milk. Veg-Same	25 ^Cheddar Cheese Omelet Served with Steamed Vegetables, Fresh Fruit and Milk. Veg - Same	26 #Baked Penne Pasta, Tomato sauce, Ricotta & Mozzarella Cheeses, Steamed Vegetable. Milk. Veg- Same. Fresh Fruit.	27 #*Turkey & Cheese Melt. Roasted Turkey, American Cheese, Sub Roll. Steamed Veg. Milk. Fresh Fruit. Veg-Meatless	28 .#^Turkey Meatballs & Gravy, Steamed Basmati Rice, Fresh Veggies & Ranch Dressing. Fresh Fruit. Milk. Veg- Veggie Meatballs
				Allergens: *CONTAINS MILK ^CONTAINS EGG *CONTAINS FISH # CONTAINS GLUTEN