



## LUNCH MENU JULY 2010

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			<p><u>1</u> <i>Barbados</i>          5/8 c Black eye Peas &amp; Rice          ¼ c Corn          ¼ c Fresh Fruit          ¾ c Milk  <i>Vegetarian: Same</i></p>	<p><u>2</u>          2 oz Hamburger on a bun          ¼ C Tossed Salad w/Dressing          ¼ C Cantaloupe          ¾ c Milk  <i>Vegetarian: Veggie burger on a bun</i></p>
<p><u>5</u>          ½ c Vegetarian Chili          1 slice Corn Bread          ¼ c Rice          ¼ C Wax Beans          ¼ c Cantaloupe          ¾ c Milk  <i>Vegetarian: Same</i></p>	<p><u>6</u> <i>Make Your Own Salad</i>          ½ c Spaghetti &amp; Meat sauce          1 Slice French Bread          ¼ C Tossed Salad lettuce, cuke, tomato, carrot          ¼ C Fresh Fruit          ¾ c Milk  <i>Veg: Spaghetti w Soy Protein Sauce</i></p>	<p><u>7</u>          CN 3 Fish Sticks w/ Ketchup          1 ½ oz meat, ½ slice Bread          1 Whole Wheat Roll          ¼ C Squash Medley          ¼ c Honeydew          ¾ c Milk  <i>Vegetarian: same alt Cheese Sandwich</i></p>	<p><u>8</u> <i>Viet Nam</i>          2 oz Vietnamese Ground Beef          ¼ c Rice          ¼ c Broccoli          ½ Banana          ¾ c Milk  <i>Vegetarian: Vietnamese Soy Protein</i></p>	<p><u>9</u>          BBQ Chicken leg          Whole Wheat Roll          ¼ C Shredded Carrot Salad          ¼ c Watermelon          ¾ c Milk  <i>Vegetarian: 3 Chix Nuggets</i></p>
<p><u>12</u>          ½ c Cheese Stuffed Shells          1 Slice French Bread          ¼ c Peas          ¼ c Fresh Fruit          ¾ c Milk  <i>Vegetarian: Same</i></p>	<p><u>13</u> <i>Make Your Own Wrap</i>          ½ Whole Wheat Tortilla          1 oz Turkey          ½ oz Cheese          ¼ c shredded lettuce Ranch dressing          ¼ c Peach          ¾ c Milk  <i>Veg: Veggie Wrap</i></p>	<p><u>14</u>          CN 4 Chicken Nuggets w Ketchup          2 oz Chicken, ½ slice bread          1 Whole Grain Roll          ¼ c Field Green Salad w dressing          ½ Apple          ¾ c Milk  <i>Vegetarian: 3chix Nuggets</i></p>	<p><u>15</u> <i>Puerto Rico</i>          5/8 c Rice with Red Beans          ¼ c Sweet Potato          ½ Banana          ¾ c Milk  <i>Vegetarian: same</i></p>	<p><u>16</u>          Cheeseburger on a bun          ¼ C Toss Salad          ¼ c Cantaloupe          ¾ c Milk  <i>Veg: Cheese Veggie Burger on a bun</i></p>
<p><u>19</u> <i>Make Your Own Sub</i>          4 Meatballs 1 Tbsp Cheese          Hot Dog Roll          ¼ c Peas          ¼ c Cantaloupe          ¾ c Milk  <i>Vegetarian: 3 veggie meatballs</i></p>	<p><u>20</u>          Chicken Taco          ¼ c Chicken, 2 Tbsp Cheese, ½ Tortilla          ¼ c Salsa          ¼ c Shredded lettuce/tomato          ¼ c Fresh Fruit, ¾ c Milk  <i>Veg: Black Bean Taco</i></p>	<p><u>21</u>          2 oz Broiled Haddock          1 oz Biscuit Roll          ¼ C Fresh Fruit          ¼ c Cinnamon Carrots          ¾ c Milk  <i>Veg: Fish Filets/Cheese Sandwich</i></p>	<p><u>22</u> <i>Italy</i>          ½ c Chicken Rissoutto          1 ½ oz Chicken, ¼ c Rice          1 slice French Bread          ¼ c Tossed Salad          2 Orange Wedges          ¾ c Milk  <i>Veg: Veggie Chicks Strips Rissoutto</i></p>	<p><u>23</u>          Oven Fried Chicken Leg          1 Corn muffin          ¼ c Spinach          ½ Banana          ¾ c Milk  <i>Veg: 3 Chix Nuggets</i></p>
<p><u>26</u>          ½ c Vegetarian Lasagna          3/8 c Cheese &amp; ¼ C Noodles          1 Slice French Bread          ¼ C Green Beans          ¼ c Fresh Fruit, ¾ c Milk  <i>Veg: Same</i></p>	<p><u>27</u> <i>Make Your Own Taco</i>          Beef Taco          ¼ c Ground Beef, 1 Tbsp Cheese, 1 Tortilla, ¼ c Shredded Lettuce          ¼ c Cantaloupe          ¾ c Milk  <i>Veg: Black Bean Taco</i></p>	<p><u>28</u>          Turkey Sub          1 whole wheat hot dog roll, 1 oz Turkey, ½ oz cheese, lettuce          ¼ c Potato Salad          ¼ c Fresh Fruit, ¾ c Milk  <i>Veg: uhwest veggie wrap</i></p>	<p><u>29</u> <i>Japan</i>          3/8 c Teriyaki Chicken          ¼ c Rice          ¼ c Broccoli &amp; Onions          ¼ c Mandarin Oranges          ¾ c Milk  <i>Veg: 2 oz Teriyaki Chicks Strips</i></p>	<p><u>30</u>          3/8 c BBQ Beef on a Bun          ¼ c Cole slaw          ½ Nectarine          ¾ c Milk  <i>Veg: Soy protein BBQ</i></p>

*Head Start & USDA are equal opportunity providers & employers*

Fresh Fruit to include seasonal rotation of fruits available to include – plums, pears, peaches, berries