



# LUNCH MENU MARCH 2010

4116 Wheeler Ave., Alexandria, VA 22304 703-751-1286 Fax: 703-751-5031

<p>1 3/4 c Beef Stew 1 1/2 oz beef, 1/4 c Carrots, Potatoes, Peas 1/4 c Noodles 1 sl.French bread 1/2 Apple 3/4 c Milk</p> <p><i>V: 1/2 c Soy Protein Stew</i></p>	<p>2 <u>Make Your Own Joe</u> 3/8 c Turkey Sloppy Joe Enriched Whole Wheat Bun 1/4 c Field Greens w Dressing 1/2 Pear 3/4 c Milk</p> <p><i>Vegetarian: 1/4 c Soy Protein Joe</i></p>	<p>3 2 oz Fish Filet w/Ketchup 1/2 Slice Wheat Bread 1/4 C Peas 1/2 Peach 3/4 c Milk</p> <p><i>Vegetarian: Same, Alt: Cheese Sandwich</i></p>	<p>4 <u>Greece</u> 1/2 c Lentil Stew 1/2 Whole Wheat Pita Bread 1/4 c Green Beans 1/4 c Citrus Salad 3/4 c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>5 1/2 c Macaroni &amp; Cheese 3/8 c Cheese, 1/4 c noodles 1 sl. Whole Wheat Baguette 1/4 c Collards 1/4 c Mixed Fruit 3/4 c Milk</p> <p><i>Vegetarian: Same</i></p>
<p>8 1/2 c Italian Chicken 1 1/2 oz Chicken, 1/4 c Potatoes Enriched Roll 1/4 c Citrus Carrots 1/2 Pear, 3/4 c Milk</p> <p><i>V: 3 Chicks Nuggets &amp; 1/4c Potatoes</i></p>	<p>9 <u>Make Your Own Wrap</u> 1 1/2 oz Turkey 1/2 Tortilla 1/4 c Lettuce 1/4 c Tomato Soup 1/4 c Mixed Fruit 3/4 c Milk</p> <p><i>Vegetarian: 3 Chix Nuggets</i></p>	<p>10 1/2 c Vegetarian Lasagna 1 1/2 oz Cheese, 1/4 c Noodles, 1/4 c Vegetable 1/4 c Field Greens w Dressing 1/4 c Sliced Pears 1 sl.French bread 3/4 c Milk</p> <p><i>Veg: Same</i></p>	<p>11 <u>China</u> 1/2 C Beef &amp; Broccoli 1 1/2 oz Beef, 1/4 c Broccoli 1/4 c Rice 1 wheat roll 1/4 c Mandarin Oranges 3/4 c Milk</p> <p><i>Veg: 1/2 c Soy Protein &amp; Broccoli</i></p>	<p>12 3 Fish Nuggets with Ketchup 1 Enriched Wheat Roll 1/4 c Pineapple Chunks 1/4 c Green Beans 3/4 c Milk</p> <p><i>V: same alt Cheese Sandwich</i></p>
<p>15 Chicken Cassoulet 1 1/2 oz Chicken, 1/4 c Vegetables 1 Whole Wheat Roll 1/4 c Peaches 3/4 c Milk</p> <p><i>Veg: White Bean Cassoulet</i></p>	<p>16 <u>Make Your Own Taco</u> Beef Taco 1/4 c Ground Beef, 1 Tbsp Cheese, 1/4 c Shredded Lettuce, 1 Tortilla 1/2 Apple 3/4 c Milk</p> <p><i>Veg: 1/4 c Kidney Beans</i></p>	<p>17 3 Fish Sticks 1/2 slice Enriched Wheat Bread 1/4 c Sweet Potato 1/2 Banana 3/4 c Milk</p> <p><i>Veg: Same alt Cheese Sandwich</i></p>	<p>18 <u>USA</u> Cheeseburger/Bun 1/4 c Seasoned Spinach 1/4 c Pear 1/2 c Milk</p> <p><i>Vegetarian: Veggie Burger</i></p>	<p>19 1/2 c Stuffed Cheese Manicotti 3/8 c Cheese, 1/4 c Noodles 1/4 c Italian Beans 1/4 c Cantaloupe 1/2 c Milk</p> <p><i>Vegetarian: same</i></p>
<p>22 Vegetable Chili 2 oz protein, 1/4 c Vegetables 1 corn muffin 1/4 c Mixed Fruit 3/4 c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>23 Rosemary Chicken Leg 1/2 Slice Enriched Bread 1/4 c Broccoli 1/4 c Pears 3/4 c Milk</p> <p><i>Vegetarian: 3 Chix Nuggets</i></p>	<p>24 1/2 c Macaroni &amp; Cheese 3/8 c Cheese, 1/4 c noodles 1/4 c Green Beans 1/2 sl Pumpernickle bread 1/2 Banana 3/4 c Milk</p> <p><i>Vegetarian: Same</i></p>	<p>25 <u>Sweden</u> 4 Swedish Meatballs 1/4 c Rice 1/2 sl wheat bread 1/4 c Tossed Greens/dressing 2 Orange Wedges 3/4 c Milk</p> <p><i>Veg: Hummus w/Pita Chips</i></p>	<p>26 3 oz Battered Fish Multigrain Roll 1/4 c Peas 1/2 Apple 3/4 c Milk</p> <p><i>Veg: same alt Cheese Sandwich</i></p>
<p>29 Beef Potpie 1 1/2 oz Beef, 1/4 c Carrots &amp; Potatoes 1/2 oz Biscuit Crust 1/4 c Peach 3/4 c Milk</p> <p><i>Veg: Mac &amp; Cheese</i></p>	<p>30 <u>Make Your Own Sub</u> 4 Meatballs 1 Tbsp Cheese Hot Dog Roll 1/4 c Corn 1/2 Pear 3/4 c Milk</p> <p><i>Vegetarian: Red Beans &amp; Rice</i></p>	<p>31 2 oz Fish Filet 1/2 Slice Wheat Bread 1/4 c Winter Squash 1/2 Apple 3/4 c Milk</p> <p><i>Veg: Same alt Cheese Sandwich</i></p>		

Head Start & USDA are equal opportunity providers & employers