



ECDC EHS LUNCH MENU - APRIL 2015

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4/1 ½ Oven Fried Chicken Leg 2 oz ¼ c Couscous 1/8 c Romaine Salad w Lite Italian 1/8 c Peach ½ c Milk <i>Veg: 2 Chix Nuggets</i>	4/2 <i>Korea</i> ¼ c Korean Green Peppers & Beef <small>1 oz Beef, 1/8 c Peppers (Frugal Gourmet p 269)</small> ¼ c WG Rice 1/8 c Strawberries ½ c Milk <i>Veg: Green Peppers & Soy Protein</i>	4/3 ½ c Macaroni & Cheese <small>½ oz Cheese, ¼ c noodles</small> 1/8 c Baked Beans 1/8 c Broccoli & Dip 1/8 c Applesauce ½ c Milk <i>Veg: Same</i>
4/6 ½ 2oz CN Chicken Patty 1 oz WG Roll 1/8 c Steam Mixed Greens 1/8 c Peach ½ c Milk <i>Veg: 2 Chix Nuggets</i>	4/6 <i>Make Your Own Taco</i> 1 oz Beef, 1 Tbsp Cheese 1 Soft Corn Tortilla 1/8 c Romaine Lettuce & Tomato 1/8 c Pears ½ c Milk <i>Veg: ¼ c Beans</i>	4/8 3/8 c Red Velvet Chili <small>¼ c meat & beans, 1/8 c beets</small> 1 oz WW Pita 1/8 c Cantaloupe Melon ½ c Milk <i>Veg: 3/8 c Vegetarian RV Chili</i>	4/9 <i>Viet Nam</i> 1oz Honey Glazed Chicken ¼ c Steamed Rice 1/8 c Stir Fried Vegetables broccoli, carrots onions 1/8 c Peaches, ½ c Milk <i>Veg: 1 Chix Strips</i>	4/10 1 Stuffed Shells Tomato Basil Sauce <small>3/8 c cheese, ¼ c Pasta</small> 1/8 c Zucchini 1/8 c Applesauce ½ c Milk <i>Veg: Same</i>
4/13 <i>Make Your Own Boat</i> Tuna Boat <small>1/8 c Tuna Fish & ½ slice Cheddar Cheese 1 Enriched WW Hot Dog Bun</small> 1/8 c Carrot Sticks 1/8 c Pear ½ c Milk <i>Veg: Same alt ¼ c white bean salad</i>	4/14 ½ Oven Baked Chicken Leg 2 oz ¼ c WG Rice 1/8 c Spinach 1/8 c Applesauce ½ c Milk <i>Veg: 1 oz Chix Strips</i>	4/15 ¼ c Penne Pasta 2 Meatballs & Sauce 1/8 c Romaine Salad w Italian 1/8 c Honeydew ½ c Milk <i>Veg ¼ c Spaghetti & ¼ c Soy Protein</i>	4/16 <i>Morocco</i> 1 oz Moroccan Chicken ¼ c Coucous 1/8 c Mixed Greens Salad w oil, vinegar & garlic 1/8 c Orange Wedges (1) ½ c Milk <i>Veg: 2 Chix Nuggets</i>	4/17 5/8 c Baked Barbecue Chickpeas & Rice <small>1 ½ oz meat alternate ¼ c Rice</small> 1/8 c Roasted Cauliflower 1/8 c Fruit Salad ½ c Milk <i>Veg: Same</i>
4/20 1 oz CN Meatloaf & Gravy 1 oz WG Roll 1/8 c Roasted Diced Potatoes 1/8 c Mango ½ c Milk <i>Veg: ½ Veggie Patty</i>	4/20 <i>Make Your Own Mediterranean Wrap</i> 1/8 c Lima Beans & 1/8 c Feta w Tzaki Sauce 1 oz Pita Bread 1/8 c Spring Mix Salad 1/8 c Applesauce ½ c Milk <i>Veg: Same</i>	4/22 ½ - 2 oz Hamburger Patty w Catsup 1 oz WG Bun 1/8 c Spinach Salad w Italian 1/8 c Pineapple ½ c Milk <i>Veg: ½ Veggie Patty</i>	4/23 <i>China</i> 1/8 c Stir Fry Chicken D-18 <small>1 oz Chicken</small> ¼ c WG Rice 1/8 c Stirfried Vegetables Broccoli, carrots onions 1/8 c Peaches, ½ c Milk <i>Veg: 3/8 c Stir Fry Soy Protein</i>	4/24 ¼ c Policeman's Chili D25 <small>1 oz meat & meat alternate, 1/8 c vegetable</small> 1 oz Cornbread 1/8 c Pear ½ c Milk <i>Veg: ½ c Vegetarian Chili</i>
4/27 <i>Japan</i> 1 oz Grilled Chicken ½ c Jasmine Rice 1/8 c Broccoli 1/8 c Mandarin Oranges ½ c Milk <i>Veg 1 Chix Strips</i>	4/28 <i>Make Your Own Sub</i> 2 Meatballs 1 Tbsp Cheese Whole Wheat Hot Dog Roll 1/8 c Romaine Salad w Lite Italian 1/8 c Pear ½ c Milk <i>Veg: ¼ c Soy Protein</i>	4/29 ½ 2 oz Oven Fried Rockfish (Rice/heat) ½ WG 6" Tortilla 1/8 c Balsamic Cole Slaw F 13r 1/8 c Melon Cup ½ c Milk <i>Veg: Same alt ½ oz Cheese Sandwich 2 oz yogurt</i>	4/30 3/8 c Seasoned Red Beans and Rice 1/8 c Mixed Greens Salad w Italian 1/8 c Apricot ½ c Milk <i>Veg: Same</i>	

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