

Fairfax Food Service

February 2023

LK Lunch Menu

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| | | <p><u>Wednesday, February 1, 2023</u> NAE GF Chicken Tender Strips, 3 ea Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mandarin Oranges, 3/8 c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Vegan Refried Beans/Cheese (side)</p> | <p><u>Thursday, February 2, 2023</u> WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach, 1/4c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas, 1/4 c VEG: WG Spaghetti Marinara/Parmesan</p> | <p><u>Friday, February 3, 2023</u> NAE Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea</p> |
| <p><u>Monday, February 6, 2023</u> Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Veg Slider w/ Shred Cheese/Slider Bun</p> | <p><u>Tuesday, February 7, 2023</u> Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/4c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Macaroni & Cheese w/ WG</p> | <p><u>Wednesday, February 8, 2023</u> Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta</p> | <p><u>Thursday, February 9, 2023</u> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 c VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p> | <p><u>Friday, February 10, 2023</u> <u>Breakfast for Lunch!!</u> Pancake Wrap Chicken Sausage, 5ea Syrup Animals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/4c Ranch Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.</p> |
| <p><u>Monday, February 13, 2023</u> Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3c Tossed Salad w/Mixed Greens, 1/4c Ranch Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Egg Rolls</p> | <p><u>Tuesday, February 14, 2023</u> Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c VEG: Veg Slider w/ Shred Cheese/Slider Bun</p> | <p><u>Wednesday, February 15, 2023</u> NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips</p> | <p><u>Thursday, February 16, 2023</u> Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 2ea <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5</p> | <p><u>Friday, February 17, 2023</u> **Meatless Baked Ziti** (WG Pasta, Marinara, 3 Cheese, Soy), 1/2c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c</p> |
| <p><u>Monday, February 20, 2023</u> Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c <u>PRESIDENTS DAY!!!</u> <u>TODS & TWOS</u> Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegetarian Meatballs w/ Veg Gravy</p> | <p><u>Tuesday, February 21, 2023</u> Pasta Bake, 1/2 c (WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake</p> | <p><u>Wednesday, February 22, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, 1/4c Caesar Dressing Parmesan Cheese, 1/4oz Orange Wedges, 2ea <u>TODS & TWOS</u> Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5</p> | <p><u>Thursday, February 23, 2023</u> Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Gala Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 c VEG: Italian Veggie Meatball Sub</p> | <p><u>Friday, February 24, 2023</u> Fish Patty on Bun, 1 ea. Wheat Hamburger Bun, 1ea Ketchup Tossed Salad w/Mixed Greens, 1/4c Ranch Peaches in Juice, 3/8 c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p> |
| <p><u>Monday, February 27, 2023</u> NAE Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c VEG: Vegetarian Sausage Slider, 1 ea.</p> | <p><u>Tuesday, February 28, 2023</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 c VEG: Veg Sausage Crumbles w/Veg Gravy</p> | | | <p>**NAE** <u>Never Antibiotics Ever</u> **NO HFC** <u>Syrup, Breads</u></p> |

Portions meet CACFP requirements:
 3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit).
 6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit (we serve 1/2c veg, 1/2 c fruit)