

Fairfax Food Service

March 2023

LK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**GF** Gluten Free may contain egg & or milk</p> <p>**WG** Whole Grain</p>		<p>Wednesday, March 1, 2023 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 TODS & TWOS Carrot Coins, 1/4c VEG:Refried Beans,1/2 c / Cheese,1/2 oz (side)</p>	<p>Thursday, March 2, 2023 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach, 1/2 c Ranch Banana, 1/2ea TODS & TWOS Sweet Peas, 1/4 c VEG: WG Spaghetti Lentil Marinara 1/2 c</p>	<p>Friday, March 3, 2023 NAE Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, March 6, 2023 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Tuesday, March 7, 2023 Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens,1/2c Ranch Banana, 1/2ea TODS & TWOS Peas, Carrots, Green Beans, 1/4c VEG: Macaroni & Cheese, 1/2 c</p>	<p>Wednesday, March 8, 2023 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 TODS & TWOS Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta, 1/4 c</p>	<p>Thursday, March 9, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c TODS & TWOS Applesauce, 3/8c VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>	<p>Friday, March 10, 2023 Breakfast for Lunch!! Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.</p>
<p>Monday, March 13, 2023 Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3c Tossed Salad w/Mixed Greens,1/2 c Ranch Mixed Peaches & Pears in Juice, 3/8c TODS & TWOS Carrot Coins, 1/4c VEG: Egg Roll 1 ea.</p>	<p>Tuesday, March 14, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c TODS & TWOS Steamed Green Beans, 1/4c Applesauce, 3/8c VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Wednesday, March 15, 2023 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, 1/3 c</p>	<p>Thursday, March 16, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5</p>	<p>Friday, March 17, 2023 **Meatless Baked Ziti** 1/2c **WG Pasta, Marinara, 3 Cheese, Soy** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Chilled Diced Pears, 3/8 c TODS & TWOS Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, March 20, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegetarian Meatballs 2 ea. w/ Veg Gravy</p>	<p>Tuesday, March 21, 2023 **Pizza Pasta Bake** 1/2c **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, 1/2 c</p>	<p>Wednesday, March 22, 2023 NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, 1/2 c Caesar Dressing Parmesan Cheese, 1/4oz Orange Wedges, 4 ea TODS & TWOS Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5</p>	<p>Thursday, March 23, 2023 **Italian Beef Meatball Sub**, 1/2 ea. **Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea. Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c VEG: Italian Veggie Meatball (2 ea.) Sub,1/2</p>	<p>Friday, March 24, 2023 Fish Patty on WG White Wheat Bun, 1 ea. Ketchup Tossed Salad w/Mixed Greens,1/2 c Ranch Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>
<p>Monday, March 27, 2023 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: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Tuesday, March 28, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c TODS & TWOS Applesauce, 3/8c VEG: Veg Sausage Crumbles w/Veg Gravy, 1/2 c</p>	<p>Wednesday, March 29, 2023 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 TODS & TWOS Carrot Coins, 1/4c VEG:Refried Beans,1/2 c / Cheese,1/2 oz (side)</p>	<p>Thursday, March 30, 2023 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach, 1/2 c Ranch Banana, 1/2ea TODS & TWOS Sweet Peas, 1/4 c VEG: WG Spaghetti Lentil Marinara 1/2 c</p>	<p>Friday, March 31, 2023 NAE Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea</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)