

Fairfax Food Service

April 2023

LK Lunch Menu

<p>Monday, April 3, 2023 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Tuesday, April 4, 2023 Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni & Cheese, 1/2 c</p>	<p>Wednesday, April 5, 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</p> <p>TODS & TWOS Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta, 1/4 c</p>	<p>Thursday, April 6, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>	<p>Friday, April 7, 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, April 10, 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</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Egg Roll 1 ea.</p>	<p>Tuesday, April 11, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p>TODS & TWOS Steamed Green Beans, 1/4c Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Wednesday, April 12, 2023 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>VEG: Chickenless Fajita Strips, 1/3 c</p>	<p>Thursday, April 13, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Friday, April 14, 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</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, April 17, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegetarian Meatballs 2 ea. w/ Veg Gravy</p>	<p>Tuesday, April 18, 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</p> <p>VEG: Vegetarian Pizza Pasta Bake, 1/2 c</p>	<p>Wednesday, April 19, 2023 NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, 1/2 c Caesar Dressing Parmesan Cheese, 1/4oz Orange Wedges, 4 ea</p> <p>TODS & TWOS Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Thursday, April 20, 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</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2</p>	<p>Friday, April 21, 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</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>
<p>Monday, April 24, 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</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Tuesday, April 25, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy, 1/2 c</p>	<p>Wednesday, April 26, 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</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG:Refried Beans, 1/2 c / Cheese, 1/2 oz (side)</p>	<p>Thursday, April 27, 2023 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach, 1/2 c Ranch Banana, 1/2ea</p> <p>TODS & TWOS Sweet Peas, 1/4 c</p> <p>VEG: WG Spaghetti Lentil Marinara 1/2 c</p>	<p>Friday, April 28, 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</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>**NAE** Never Antibiotics Ever</p> <p>**GF** Gluten Free may contain egg & or milk</p> <p>**WG** Whole Grain</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)

[Click link to see NEW Nutrislice Menus](https://adaycareffsfood.nutrislice.com/)

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Menu Item	Portion	container	Meat/MA	Grain	Vegetable	Fruit
WG Spaghetti w/ Beef & Lentils Marinara, 1/2c						
Parmesan Cheese, 1/2oz						
VEG: WG Spaghetti Marinara/Parmesan						
VEG: Vegan Refried Beans/Cheese (side)						
Mexican Beef Nacho Fiesta, 1/4c						
Shredded Cheddar Cheese, 1/2oz						
VEG: Veg Slider w/ Shred Cheese/Slider Bun						
NAE Chicken Fajitas, 1/3c						
Shredded Cheddar Cheese, 1/2oz						
VEG: Veg Slider w/ Shred Cheese/Slider Bun						
Pizza Pasta Bake 1/2c						
Shredded Mozzarella Cheese, 1/2oz						
Caesar Salad w/Romaine, 1/4c						
Caesar Dressing						
Parmesan Cheese, 1/4oz						
Italian Beef Meatball Sub,3ea						
Sub Roll, 1/2ea						
Shredded Mozzarella Cheese, 1/2oz						
NAE Chicken Slider on Bun, 1ea						
Shredded Cheddar Cheese, 1/2oz						
Slider Bun, 1ea						

<p style="text-align: center;">OVEN BAKED CHICKEN PATTY BK = 1 EA PREP = 1 EA</p>	<p style="text-align: center;">PLAIN CHICKEN STRIPS BK = 3/4 C</p>	<p style="text-align: center;">PLAIN WG RICE W/ CAULIFLO WER BK= 1/2 C</p>	<p style="text-align: center;">SWEET TENDER PEAS BK= 1/2 C</p>
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OVEN BAKED CHICKEN
PATTY
LK = 1 EA
BK = 1 EA
PREP = 1 EA

<p style="text-align: center;">NACHO MEAT = 1/4 C BK = 1/2 C</p>	LK
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CHICKEN SLIDER

LK = 1 EA

BK = 2 EA

PREP = 1 EA

CHICKEN FAJITA STRIPS

LK = 1/3 C

BK = 1/2 C

WG VEGETARIAN BAKED ZITI

LK = 1/2 C

BK = 3/4 C

**SWEDISH BEEF
MEATBALLS & GRAVY
LK = 3 EA
BK = 5 EA
PREP = 3 EA**

**PIZZA PASTA BAKE
WG PENNE PASTA,
GROUND BEEF,
CHICKEN &
BEEF PEPPERONI
LK = 1/2 C
BK = 3/4 C**



**ITALIAN BEEF
MEATBALLS
LK = 3 EA
BK = 5 EA**

**SALISBURY STEAK &
GRAVY
LK = 1 EA
BK = 1 EA
PREP = 1 EA**

Milk

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VEGAN NACHO MEAT
LK= 1/4 C BK= 1/2 C

SWEET YELLOW
CORN
LK= 1/4 C BK=
1/2 C

CARROT COINS
LK= 1/4 C BK=
1/2 C

SHREDDED
CHEDDAR LK =
1/2 OZ BK= 1 OZ

GF CORN
TORTILLA CHIPS
LK= 1/4 C BK=
1/2 C

CHILLED DICED
PEARS,
3/8 C

WHEAT DINNER
ROLL 1
EA

VEGGIE SAUSAGE SLIDER
LK = 1 EA
BK = 2 EA

SWEET
TENDER PEAS
LK= 1/4 C
BK= 1/2 C

ALL NATURAL
APPELSAUCE
LK= 3/8 C
BK = 1/2 C

WHEAT
HAMBURGER
ROLL
1 EA

H&S SLIDER
BUNS,
LK = 1 EA
BK = 2 EA

FANCY SHRED
CHEDDAR, LK =
1/2OZ
BK = 1 OZ

<p>WHOLE GRAIN SPAGHETTI W/ BEEF & PUREED LENTILS MARINARA LK = 1/2 C BK = 3/4 C PREP = 1/2 C</p>	<p>VEGETARIAN WG SPAGHETTI & PUREED LENTILS MARINARA LK= 1/2 C BK= 3/4 C PREP = 1/2 C</p>	<p>SWEET TENDERS PEAS, LK = 1/4 C BK = 1/2 C</p>	<p>GRATED PARMESAN, ALL = 1/2 OZ</p>
<p>PREP = 1/2 C</p>	<p>PREP = 1/2 C</p>	<p>1/4 C</p>	<p>ALL</p>

<p>5-WAY HOT MIXED VEGETABLE (HAS CORN) LK= 1/4 C BK= 1/2 C</p>	<p>3-WAY HOT MIXED VEGETABLE, 1/4 C</p>	<p>CHILLED DICED PEARS LK= 3/8 C BK= 1/2 C</p>	<p>ITALIAN BREAD, 1 SL</p>	<p>TOSSED SALAD W/ MIX GREENS, LK = 1/4 C BK = 1/2 C</p>	
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<p>VEGETARIAN CHICKENLESS FAJITA LK= 1/3 C BK= 1/2 C</p>	<p>STEAMED GREEN BEANS, LK = 1/4 C BK = 1/2 C</p>	<p>SHRED CHEDDAR CHEESE, LK = 1/2 OZ BK = 1 OZ</p>	<p>WHOLE WHEAT TORTILLA 6", LK = 1 EA BK -2 EA</p>	<p>FRESH BANANA, LK = 1/2 EA BK = 1 EA</p>
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<p>VEGETARIAN MORNINGSTAR SAUSAGE SLIDER LK= 1 EA BK= 2 EA PREP = 1 EA</p>	<p>STEAMED GREEN BEANS, LK = 1/4C BK = 1/2C</p>	<p>FANCY SHRED CHEDDAR, LK = 1/2OZ BK = 1 OZ</p>	<p>KETCHUP 16 OZ PER 30 LK</p>	<p>MIXED PEACHES & PEARS, LK = 3/8 C BK = 1/2 C</p>	<p>H&S SLIDER BUNS, LK = 1 EA BK = 2 EA</p>
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<p>VEG PIZZA PASTA BAKE WG PENNE PASTA W/ VEGGIE CRUMBLES LK = 1/2 C BK = 3/4 C</p>	<p>STEAMED GREEN BEANS LK= BK 1/4 C = 1/2 C</p>		<p>SHREDDED MOZZARELLA LK= 1/2 OZ BK= 1 OZ</p>	<p>FRESH BANANA LK= 1/2 EA BK= 1 EA</p>	
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<p>VEGAN MEATBALLS & VEGAN GRAVY LK= 2 EA BK= 3 EA PREP = 2 EA</p>	<p>PLAIN WHOLE GRAIN BROWN RICE W/ CAULIFLOWER LK= 1/3 C BK= 2/3 C</p>
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TODS: SWEET PEAS, 1/4 C

BABY CARROTS,
LK=1/4 C
BK=1/2 C

PINEAPPLE TIDBTIS,
LK= 3/8C
BK= 1/2 C

TODS: DICED PEACHES,
3/8C

RANCH DIP

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<p>VEGETARIAN SAUSAGE CRUMBS W/ VEG GRAVY LK= 1/2 C BK= 3/4 C</p>	<p>MASHED POTATOES, LK = 1/4C BK = 1/2 C</p>	<p>RED. DELICIOUS APPLE, 3/8 C</p>	<p>ALL NATURAL APPLESAUCE, 3/8 C</p>	<p>WHEAT DINNER ROLL 1 EA</p>	
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<p>VEGAN ITALIAN MEATBALLS LK = 2 EA BK = 3 EA</p>	<p>SWEET TENDER PEAS LK = 1/4 C BK = 1/2 C</p>	<p>SHREDDED MOZZARELL LK= 1/2 OZ BK= 1 OZ</p>	<p>ITALIAN SUB ROLLS, LK = 1/2 EA BK = 1 EA</p>	<p>GALA APPLE LK = 3/8C BK = 1EA</p>	<p>TODS: APPLESAUCE LK = 3/8 C</p>
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BABY SPINACH

LK=1/4 C

BK=1/2 C

1/4 C

[1]

SMALL RANCH PKTS
EA
