

Fairfax Food Service

July 2023

LK Lunch Menu

<p>Monday, July 3, 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><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Egg Roll 1 ea.</p>	<p>Tuesday, July 4, 2023 ----- ----- ----- ----- ----- <u>INDEPENDENCE DAY</u> ----- ----- ----- -----</p>	<p>Wednesday, July 5, 2023 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Red Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Applesauce, 3/8c</p> <p>VEG: Chickenless Fajita Strips, 1/3 c</p>	<p>Thursday, July 6, 2023 Corn Dog Nuggets, 5 ea. Ketchup Sweet Yellow Corn, 1/4c Honeydew, 1 sl</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Honeydew, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Friday, July 7, 2023 **Meatless Baked Ziti** 1/2c **WG Pasta, Marinara, 3 Cheese, Soy** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1 ea. Chilled Diced Pears, 3/8 c</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, July 10, 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><u>TODS & TWOS</u> Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegetarian Meatballs 2 ea. w/ Veg Gravy</p>	<p>Tuesday, July 11, 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, July 12, 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><u>TODS & TWOS</u> Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Thursday, July 13, 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 Golden Delicious Apple, 3/8 c</p> <p><u>TODS & TWOS</u> Applesauce, 3/8c</p> <p>VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2</p>	<p>Friday, July 14, 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><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>
<p>Monday, July 17, 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, July 18, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Applesauce, 3/8c</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy, 1/2 c</p>	<p>Wednesday, July 19, 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><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)</p>	<p>Thursday, July 20, 2023 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Baby Spinach, 1/2 c Ranch Banana, 1/2ea</p> <p><u>TODS & TWOS</u> Sweet Peas, 1/4 c</p> <p>VEG: WG Spaghetti Lentil Marinara 1/2 c</p>	<p>Friday, July 21, 2023 NAE Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Watermelon, 1 sl</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Diced Watermelon, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, July 24, 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, July 25, 2023 Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni & Cheese, 1/2 c</p>	<p>Wednesday, July 26, 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><u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta, 1/4 c</p>	<p>Thursday, July 27, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Applesauce, 3/8c</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>	<p>Friday, July 28, 2023 <u>Breakfast for Lunch!!</u> Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/4c Ranch Cantaloupe, 1 sl <u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Cantaloupe, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.</p>
<p>Monday, July 31, 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><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Egg Roll 1 ea.</p>				<p><u>**NAE**</u> <u>Never Antibiotics Ever</u></p> <p><u>**GF**</u> <u>Gluten Free may contain egg & or milk</u></p> <p><u>**WG**</u> <u>Whole Grain</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)

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