

Fairfax Food Service

March 2024

LK Lunch Menu

Monday, February 26, 2024	Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024	Friday, March 1, 2024
				<b>Boneless Chicken Wing Dings, 3ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c  <b>VEG:</b> Morningstar Veggie Nuggets, 5ea
<b>Monday, March 4, 2024</b> <b>Oven Baked Chicken Patty, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c  <b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	<b>Tuesday, March 5, 2024</b> <b>WG Chicken Nuggets, 3 ea.</b> <b>Macaroni &amp; Cheese, 1/2c</b> Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2 ea.  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c  <b>VEG:</b> Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.	<b>Wednesday, March 6, 2024</b> <b>Beef Nacho Fiesta, 1/4 c</b> Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Chilled Diced Pears, 3/8 c  <u><b>TODS &amp; TWOS</b></u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c  <b>VEG:</b> Vegetarian Nacho Fiesta, 1/4 c	<b>Thursday, March 7, 2024</b> <b>**Italian Beef Meatball Sub**, 1/2 ea.</b> **Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea. Shredded Mozzarella Cheese, 1/2oz (2 Tbsp) Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c  <b>VEG:</b> Italian Veggie Meatball (2 ea.) Sub, 1/2	<b>Friday, March 8, 2024</b> <b>Corn Dog Nuggets, 5 ea.</b> Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c  <b>VEG:</b> Morningstar Veggie Nuggets, 5
<b>Monday, March 11, 2024</b> <b>Teriyaki Diced Chicken, 1/3 c</b> Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mixed Peaches & Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c  <b>VEG:</b> Egg Roll 1 ea.	<b>Tuesday, March 12, 2024</b> <b>Lean Beef Hamburger on Bun, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Steamed Green Beans, 1/4c Applesauce, 3/8c  <b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	<b>Wednesday, March 13, 2024</b> <b>Chicken Fajitas, 1/3c</b> Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea  <b>VEG:</b> Chickenless Fajita Strips, 1/3 c	<b>Thursday, March 14, 2024</b> <b>WG Buttermilk Pancake 1 ea. w/</b> Chicken Sausage, 1 ea. Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c  <b>VEG:</b> Morningstar Veggie Sausage, 1 ea.	<b>Friday, March 15, 2024</b> <b>**Meatless Baked Ziti** 1/2c</b> **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Chilled Diced Pears, 3/8 c  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c  <b>VEG:</b> Meatless Baked Ziti, 1/2c
<b>Monday, March 18, 2024</b> <b>Swedish Beef Meatballs, 3ea</b> Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c  <u><b>TODS &amp; TWOS</b></u> Sweet Peas, 1/4c Peaches in Juice, 3/8c  <b>VEG:</b> Vegan Meatballs in Vegan Gravy, 2ea	<b>Tuesday, March 19, 2024</b> <b>**Pizza Pasta Bake** 1/2c</b> **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz 100% Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c <b>Applesauce, 3/8c</b>  <b>VEG:</b> Vegetarian Pizza Pasta Bake, 1/2 c	<b>Wednesday, March 20, 2024</b> <b>WG Chicken Nuggets, 3 ea.</b> <b>Macaroni &amp; Cheese, 1/2c</b> Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Mandarin Oranges, 3/8 c  <b>VEG:</b> Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.	<b>Thursday, March 21, 2024</b> <b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c Steamed Green Beans, 1/4c  <b>VEG:</b> Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	<b>Friday, March 22, 2024</b> <b>Fish Patty on WG White Wheat Bun, 1 ea.</b> Ketchup Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c  <b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz
<b>Monday, March 25, 2024</b> <b>Chicken Slider on Bun, 1ea</b> Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c  <b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	<b>Tuesday, March 26, 2024</b> <b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u> Applesauce, 3/8c  <b>VEG:</b> Veg Black Bean Chili 1/2 c	<b>Wednesday, March 27, 2024</b> <b>GF Chicken Tender, 3 ea.</b> Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c  <b>VEG:</b> Refried Beans, 1/2 c / Cheese, 1/2 oz (side)	<b>Thursday, March 28, 2024</b> <b>WG Spaghetti w/ Beef, Lentil Marinara, 1/2c</b> Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea  <u><b>TODS &amp; TWOS</b></u> Sweet Peas, 1/4 c  <b>VEG:</b> WG Spaghetti Marinara/Shredded Mozzarella	<b>Friday, March 29, 2024</b> <b>Boneless Chicken Wing Dings, 3ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea.  <u><b>TODS &amp; TWOS</b></u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c  <b>VEG:</b> Morningstar Veggie Nuggets, 5ea

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)

\*\*GF\*\* =  
 Gluten Free may contain egg & or milk  
 \*\*WG\*\* = Whole Grain

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<https://ffsfood.com/schools-2/>