

Fairfax Food Service

August 2020

LK Lunch Menu

<p>Monday, August 3, 2020 Roasted Teriyaki Chicken Strips, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4 C VEG: Egg Rolls, 2 EA</p>	<p>Tuesday, August 4, 2020 Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Banana, 1/2ea <u>TODS & TWOS</u> Steamed Green Beans, 1/4 C VEG: Morningstar Veggie Burger, 1 EA</p>	<p>Wednesday, August 5, 2020 Turkey Corn Dog Nuggets, 4ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges, 3/8 C Sweet Peas, 1/4 C VEG: Morningstar Veggie Nuggets, 5 EA</p>	<p>Thursday, August 6, 2020 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Red Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 C VEG: Chickenless Fajita Strips, 1/3 C</p>	<p>Friday, August 7, 2020 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4c Italian Bread, 1sl Peaches in Juice, 3/8c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4 C VEG: Meatless Baked Ziti, 1/2 C</p>
<p>Monday, August 10, 2020 Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c All Natural Applesauce, 3/8c <u>TODS & TWOS</u> Sweet Tender Peas, 1/4 C VEG: Vegetarian Meatball in Veg Gravy, 2 EA</p>	<p>Tuesday, August 11, 2020 Pizza Pasta Bake, 1/2c WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1/2oz Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea <u>TODS & TWOS</u> Carrot Coins, 1/4 C VEG: Vegetarian Pizza Pasta Bake, 1/2 C</p>	<p>Wednesday, August 12, 2020 NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges, 3/8 C Green Beans, 1/4 C VEG: Morningstar Veggie Nuggets, 5 EA</p>	<p>Thursday, August 13, 2020 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 C Carrot Coins, 3/8 C VEG: Vegan Black Bean Chili, 1/2 C</p>	<p>Friday, August 14, 2020 NAE Grilled Chicken Filet, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c Mandarin Oranges in Juice, 3/8c VEG: Macaroni & Cheese w/ WG, 1/2 C</p>
<p>Monday, August 17, 2020 Chicken Slider on Bun, 1ea Fancy Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c VEG: Vegetarian Sausage Slider, 1 EA</p>	<p>Tuesday, August 18, 2020 GF Chicken Tender Strips, 3ea No HFC Ketchup Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Red Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 C Carrot Coins, 1/4 C VEG: Vegan Refried Beans, 1/2 C Cheese, 1/2 OZ (side)</p>	<p>Wednesday, August 19, 2020 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Pineapple Tidbits in Juice, 3/8c <u>TODS & TWOS</u> Peaches in Juice, 3/8 C VEG: MS Veggie Burger, 1 EA Veg Gravy, 8 OZ</p>	<p>Thursday, August 20, 2020 WG Spaghetti w/ Italian Meat Sauce Ground Turkey & Beef Crumbles, 1/2c Parmesan Cheese, 1/2oz Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas, 1/4 C VEG: WG Spaghetti Marinara, 1/2 C Parmesan, 1 OZ</p>	<p>Friday, August 21, 2020 NAE Boneless Chicken Wing Dings , 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges, 3/8 C Peas, Carrots, Green Beans, 1/4 C VEG: Morningstar Veggie Nuggets, 5 EA</p>
<p>Monday, August 24, 2020 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Morningstar Veggie Burger, 1 EA</p>	<p>Tuesday, August 25, 2020 Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Fresh Carrots & Broccoli, 1/4c Creamy Ranch Dip Fresh Banana, 1/2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4 C VEG: Macaroni & Cheese w/ WG, 1/2 C</p>	<p>Wednesday, August 26, 2020 Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Diced Peas in Juice, 3/8 C <u>TODS & TWOS</u> Wheat Dinner Roll, 1 EA Carrot Coins, 1/4 C VEG: Vegetarian Nacho Fiesta, 2 OZ</p>	<p>Thursday, August 27, 2020 Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Gala Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 C VEG: Italian Veggie Meatball Sub, 2 EA</p>	<p>Friday, August 28, 2020 Breakfast for Lunch!! WG Buttermilk Pancake w/Syrup, 1ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges, 3/8 C Carrot Coins, 1/4 C VEG: Morningstar Veggie Sausage, 1 EA</p>
<p>Monday, August 31, 2020 Roasted Teriyaki Chicken Strips, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4 C VEG: Egg Rolls, 2 EA</p>			<p>**NAE** <u>Never Antibiotics Ever</u> **NO HFC** <u>Ketchup, Syrup, Breads</u></p>	

6oz. Milk required w/ each meal, (8oz milk for 6 to 12yrs) (6 to 12 yrs. Portions) 2oz meat/meat alternative, 3/4c vegetable or fruit (we serve 1/2c veg, 3/8 c fruit)