

**Fairfax Food Service**

**January 2022**

**BK Lunch Menu**

<p><b><u>Monday, January 3, 2022</u></b>  <b>Chicken Slider on Bun, 2ea</b>                  Fancy Shredded Cheddar Cheese, 1oz                  Slider Bun, 2ea                  No HFC Ketchup                  Steamed Green Beans, 1/2c                  Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>VEG:</b> Vegetarian Sausage Slider, 2ea</p>	<p><b><u>Tuesday, January 4, 2022</u></b>  <b>GF Chicken Tender Strips, 4ea</b>                  No HFC Ketchup                  Whole Grain Brown Rice, 1/2c                  Fresh Baby Carrots w/ Ranch, 1/2c                  Fresh Red Delicious Apple, 1ea</p> <p><b>VEG:</b> Vegan Refried Beans, 3/4c/Cheese (side)</p>	<p><b><u>Wednesday, January 5, 2022</u></b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                  Savory Mashed Potatoes, 1/2c                  Wheat Dinner Roll, 1ea                  Fresh Cantaloupe, 1sl</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>	<p><b><u>Thursday, January 6, 2022</u></b>  <b>WG Spaghetti w/ Beef &amp; Lentil</b>                  Marinara, 3/4c                  Parmesan Cheese, 1oz                  Baby Spinach &amp; Ranch, 1/2c                  Fresh Banana, 1ea</p> <p><b>VEG:</b> WG Spaghetti Marinara, 3/4c/Parmesan</p>	<p><b><u>Friday, January 7, 2022</u></b>  <b>NAE Boneless Chicken Wing Dings, 4ea</b>                  No HFC Ketchup/Wheat Dinner Roll, 1ea                  Peas/Carrots/Green Beans/                  Corn/Lima Beans, 1/2c                  Fresh Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 6ea</p>
<p><b><u>Monday, January 10, 2022</u></b>  <b>Oven Baked Chicken Patty, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Tender Peas, 1/2c                  All Natural Applesauce, 1/2c</p> <p><b>VEG:</b> Veg Sliders w/ Shred Cheese/Slider Buns</p>	<p><b><u>Tuesday, January 11, 2022</u></b>  <b>Macaroni &amp; Cheese w/ WG, 3/4c</b>                  100% Whole Grain Bread, 1sl                  Fresh Carrots &amp; Broccoli, 1/2c                  Creamy Ranch Dip                  Fresh Banana, 1ea</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG, 3/4c</p>	<p><b><u>Wednesday, January 12, 2022</u></b>  <b>Mexican Beef Nacho Fiesta, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  GF Corn Tortilla Chips, 1/2c                  Sweet Yellow Corn, 1/2c                  Fresh Honey Dew Melon, 1sl</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta, 1/2c</p>	<p><b><u>Thursday, January 13, 2022</u></b>  <b>Italian Beef Meatball Sub, 5ea</b>                  Sub Roll, 1ea                  Shredded Mozzarella Cheese, 1/2oz                  Tossed Salad w/Mixed Greens, 1/2c                  Creamy Ranch Dressing                  Fresh Gala Apple, 1ea</p> <p><b>VEG:</b> Italian Veggie Meatball Sub</p>	<p><b><u>Friday, January 14, 2022</u></b>  <b><u>Breakfast for Lunch!!</u></b>                  WG Buttermilk Pancake w/Syrup, 2ea                  Danimals Vanilla Yogurt (veg), 1ea                  GF Chicken Sausage Patty, 1ea                  Fresh Baby Carrots w/Dip, 1/2c                  Fresh Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Sausage, 2ea</p>
<p><b><u>Monday, January 17, 2022</u></b>  <b>Roasted Teriyaki Chicken Strips, 5ea</b>                  Whole Grain Brown Rice, 1/2c                  Fresh Baby Carrots w/ Ranch, 1/2c                  Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>VEG:</b> Egg Rolls, 2ea</p>	<p><b><u>Tuesday, January 18, 2022</u></b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Yellow Corn, 1/2c                  Fresh Red Delicious Apple, 1ea</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Buns, 2ea</p>	<p><b><u>Wednesday, January 19, 2022</u></b>  <b>Corn Dog Nuggets, 6ea</b>                  No HFC Ketchup                  Tossed Salad w/Mixed Greens, 1/2c                  Creamy Ranch Dressing                  Fresh Orange Wedges, 4ea</p> <p><b>VEG:</b> Black Beans &amp; WG Rice</p>	<p><b><u>Thursday, January 20, 2022</u></b>  <b>NAE Chicken Fajitas, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  Whole Wheat 6" Tortilla, 2ea                  Steamed Green Beans, 1/2c                  Fresh Banana, 1ea</p> <p><b>VEG:</b> Chickenless Fajita Strips, 1/2c</p>	<p><b><u>Friday, January 21, 2022</u></b>  <b><u>**Meatless Baked Ziti**</u></b>                  WG Pasta, Marinara, 3 Cheese, Soy, 3/4c                  Peas/Carrots/Green Beans/                  Corn/Lima Beans, 1/2c                  Italian Bread, 1sl                  Fresh Cantaloupe, 1sl</p> <p><b>VEG:</b> Meatless Baked Ziti, 3/4c</p>
<p><b><u>Monday, January 24, 2022</u></b>  <b>Beef Meatballs &amp; Gravy, 5ea</b>                  Whole Grain Brown Rice, 1/2c                  Fresh Baby Carrots w/ Ranch, 1/2c                  Pineapple Tidbits, 1/2c</p> <p><b>VEG:</b> Vegetarian Meatball in Veg Gravy, 3ea</p>	<p><b><u>Tuesday, January 25, 2022</u></b>  <b>Pizza Pasta Bake, 3/4c</b>                  WG Pasta/Marinara/Beef Crumbles                  Chicken&amp;Beef Pepperoni/Tomato Sauce                  Shredded Mozzarella Cheese, 1oz                  Steamed Green Beans, 1/2c                  Fresh Banana, 1ea</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b><u>Wednesday, January 26, 2022</u></b>  <b>NAE WG Chicken Nuggets, 6ea</b>                  No HFC Ketchup                  Caesar Salad w/Romaine, Dressing, 1/2c                  Parmesan Cheese, 1/2oz                  Fresh Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 6ea</p>	<p><b><u>Thursday, January 27, 2022</u></b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Sweet Yellow Corn, 1/2c                  Fresh Golden Delicious Apple, 1ea</p> <p><b>VEG:</b> Vegan Black Bean Chili, 3/4c</p>	<p><b><u>Friday, January 28, 2022</u></b>  <b>Asiago Chicken Pasta w/ Spinach, 3/4c</b>                  WG Pasta, Diced Tomato, Spinach                  Cheese Sauce                  Sweet Tender Peas, 1/2c                  Fresh Honey Dew Melon, 1sl</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG, 3/4c</p>
<p><b><u>Monday, January 31, 2022</u></b>  <b>Chicken Slider on Bun, 2ea</b>                  Fancy Shredded Cheddar Cheese, 1oz                  Slider Bun, 2ea                  No HFC Ketchup                  Steamed Green Beans, 1/2c                  Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>VEG:</b> Vegetarian Sausage Slider, 2ea</p>			<p><b><u>**NAE**</u></b>  <b><u>Never Antibiotics Ever</u></b></p> <p><b><u>**NO HFC**</u></b>  <b><u>Ketchup, Syrup, Breads</u></b></p>	

(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)

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