

Fairfax Food Service

January 2022

LK Lunch Menu

<p><u>Monday, January 3, 2022</u> 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</p> <p>VEG: Vegetarian Sausage Slider</p>	<p><u>Tuesday, January 4, 2022</u> 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/Carrot Coins</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p><u>Wednesday, January 5, 2022</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl <u>TODS & TWOS</u> Diced Cantaloupe</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p><u>Thursday, January 6, 2022</u> WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p><u>Friday, January 7, 2022</u> NAE Boneless Chicken Wing Dings, 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges Peas, Carrots, Green Beans</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p><u>Monday, January 10, 2022</u> Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><u>Tuesday, January 11, 2022</u> 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</p> <p>VEG: Macaroni & Cheese w/ WG</p>	<p><u>Wednesday, January 12, 2022</u> Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Fresh Honey Dew Melon, 1sl <u>TODS & TWOS</u> Wheat Dinner Roll/Carrot Coins Diced Honey Dew</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p><u>Thursday, January 13, 2022</u> Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Gala Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce/Green Beans</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p><u>Friday, January 14, 2022</u> <u>Breakfast for Lunch!!</u> 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 / Carrot Coins VEG: Morningstar Veggie Sausage</p>
<p><u>Monday, January 17, 2022</u> 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</p> <p>VEG: Egg Rolls</p>	<p><u>Tuesday, January 18, 2022</u> Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans/Applesauce</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><u>Wednesday, January 19, 2022</u> 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 / Sweet Peas</p> <p>VEG: Black Beans & WG Rice</p>	<p><u>Thursday, January 20, 2022</u> NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p> <p>VEG: Chickenless Fajita Strips</p>	<p><u>Friday, January 21, 2022</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Fresh Cantaloupe, 1sl <u>TODS & TWOS</u> Peas, Carrots, Green Beans Diced Cantaloupe VEG: Meatless Baked Ziti, 1/2c</p>
<p><u>Monday, January 24, 2022</u> Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> Sweet Peas / Peaches in Juice</p> <p>VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p><u>Tuesday, January 25, 2022</u> 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 Fresh Banana, 1/2ea</p> <p>VEG: Vegetarian Pizza Pasta Bake</p>	<p><u>Wednesday, January 26, 2022</u> 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 / Green Beans</p> <p>VEG: Morningstar Veggie Nuggets</p>	<p><u>Thursday, January 27, 2022</u> 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/Carrot Coins</p> <p>VEG: Vegan Black Bean Chili</p>	<p><u>Friday, January 28, 2022</u> Asiago Chicken Pasta w/ Spinach, 1/2c WG Pasta, Diced Tomato, Spinach Cheese Sauce Sweet Tender Peas, 1/4c Fresh Honey Dew Melon, 1sl <u>TODS & TWOS</u> Diced Honey Dew</p> <p>VEG: Macaroni & Cheese w/ WG</p>
<p><u>Monday, January 31, 2022</u> 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</p> <p>VEG: Vegetarian Sausage Slider</p>			<p><u>**NAE**</u> <u>Never Antibiotics Ever</u></p> <p><u>**NO HFC**</u> <u>Ketchup, Syrup, Breads</u></p>	

6oz. Milk required w/ each meal, 3-5 yrs (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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