

# Fairfax Food Service

## February 2022

# BK/ School Age Lunch Menu

	<p><b><u>Tuesday, February 1, 2022</u></b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                      Savory Mashed Potatoes, 1/2c                      Wheat Dinner Roll, 1ea                      Fresh Red Delicious Apple, 1ea</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>	<p><b><u>Wednesday, February 2, 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 Cantaloupe, 1sl</p> <p><b>VEG:</b> Vegan Refried Beans/Cheese (side)</p>	<p><b><u>Thursday, February 3, 2022</u></b>  <b>WG Spaghetti w/ Beef &amp; Lentils</b>                      Marinara, 3/4c                      Parmesan Cheese, 1/2oz                      Baby Spinach &amp; Ranch, 1/2c                      Fresh Banana, 1ea</p> <p><b>VEG:</b> WG Spaghetti Marinara/Parmesan</p>	<p><b><u>Friday, February 4, 2022</u></b>  <b>NAE Boneless Chicken Wing Dings, 4ea</b>                      No HFC Ketchup/Wheat Dinner Roll, 1ea                      Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c                      Fresh Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5ea</p>
<p><b><u>Monday, February 7, 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 Slider w/ Shred Cheese/Slider Bun</p>	<p><b><u>Tuesday, February 8, 2022</u></b>  <b>Macaroni &amp; Cheese w/ WG, 3/4c</b>                      100% Whole Grain Bread, 1sl                      Tossed Salad w/Mixed Greens, 1/2c                      Creamy Ranch Dressing                      Fresh Banana, 1ea</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>	<p><b><u>Wednesday, February 9, 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</p>	<p><b><u>Thursday, February 10, 2022</u></b>  <b>Corn Dog Nuggets, 6ea</b>                      No HFC Ketchup                      Steamed Green Beans, 1/2c                      Fresh Golden Delicious Apple, 1ea</p> <p><b>VEG:</b> Black Beans &amp; WG Rice</p>	<p><b><u>Friday, February 11, 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</p>
<p><b><u>Monday, February 14, 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</p>	<p><b><u>Tuesday, February 15, 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 Bun</p>	<p><b><u>Wednesday, February 16, 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</p>	<p><b><u>Thursday, February 17, 2022</u></b>  <b>Cheeseburger Meatloaf, 1ea</b>                      Wheat Dinner Roll, 1ea                      Sweet Yellow Corn, 1/2c                      Fresh Orange Wedges, 4ea</p> <p><b>VEG:</b> Vegan Black Bean Chili</p>	<p><b><u>Friday, February 18, 2022</u></b>  <b>**Meatless Baked Ziti**</b>                      WG Pasta, Marinara, 3 Cheese, Soy, 3/4c                      Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                      Italian Bread, 1sl                      Fresh Cantaloupe, 1sl</p> <p><b>VEG:</b> Meatless Baked Ziti, 3/4c</p>
<p><b><u>Monday, February 21, 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 Meatballs w/ Veg Gravy</p>	<p><b><u>Tuesday, February 22, 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, February 23, 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</p>	<p><b><u>Thursday, February 24, 2022</u></b>  <b>Italian Beef Meatball Sub, 5ea</b>                      Sub Roll, 1ea                      Shredded Mozzarella Cheese, 1oz                      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, February 25, 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</p>
<p><b><u>Monday, February 28, 2022</u></b>  <b>Chicken Slider on Bun, 2ea</b>                      Fancy Shredded Cheddar Cheese, 1oz                      Slider Bun, 1ea                      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>	

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)