

**Fairfax Food Service**

**June 2022**

**LK Lunch Menu**

		<p><b><u>Wednesday, June 1, 2022</u></b>  <b>Mexican Beef Nacho Fiesta, 1/4c</b>                  Shredded Cheddar Cheese, 1/2oz                  GF Corn Tortilla Chips, 1/4c                  Sweet Yellow Corn, 1/4c                  Fresh Honey Dew Melon, 1sl  <b><u>TODS &amp; TWOS</u></b>                  Wheat Dinner Roll/Carrot Coins                  Diced Honey Dew  <b>VEG:</b> Vegetarian Nacho Fiesta</p>	<p><b><u>Thursday, June 2, 2022</u></b>  <b>Corn Dog Nuggets, 4ea</b>                  No HFC Ketchup                  Steamed Green Beans, 1/4c                  Fresh Golden Delicious Apple, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce  <b>VEG:</b> Black Beans &amp; WG Rice</p>	<p><b><u>Friday, June 3, 2022</u></b>  <b><u>Breakfast for Lunch!!</u></b>                  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  <b><u>TODS &amp; TWOS</u></b>                  Mandarin Oranges / Carrot Coins  <b>VEG:</b> Morningstar Veggie Sausage</p>
<p><b><u>Monday, June 6, 2022</u></b>  <b>Roasted Teriyaki Chicken Strips, 3ea</b>                  WG Brown Rice w/Cauliflower, 1/4c                  Tossed Salad w/Mixed Greens, 1/4c                  Creamy Ranch Dressing                  Mixed Peaches &amp; Pears in Juice, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  Carrot Coins  <b>VEG:</b> Egg Rolls</p>	<p><b><u>Tuesday, June 7, 2022</u></b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Yellow Corn, 1/4c                  Fresh Red Delicious Apple, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  Steamed Green Beans/Applesauce  <b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b><u>Wednesday, June 8, 2022</u></b>  <b>NAE Chicken Fajitas, 1/3c</b>                  Shredded Cheddar Cheese, 1/2oz                  Whole Wheat 6" Tortilla, 1ea                  Steamed Green Beans, 1/4c                  Fresh Banana, 1/2ea  <b>VEG:</b> Chickenless Fajita Strips</p>	<p><b><u>Thursday, June 9, 2022</u></b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Sweet Yellow Corn, 1/4c                  Fresh Orange Wedges, 2ea  <b><u>TODS &amp; TWOS</u></b>                  Mandarin Oranges/Carrot Coins  <b>VEG:</b> Vegan Black Bean Chili</p>	<p><b><u>Friday, June 10, 2022</u></b>  <b>**Meatless Baked Ziti**</b>                  WG Pasta, Marinara, 3 Cheese, Soy, 1/2c                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                  Italian Bread, 1sl                  Fresh Cantaloupe, 1sl  <b><u>TODS &amp; TWOS</u></b>                  Peas, Carrots, Green Beans                  Diced Cantaloupe  <b>VEG:</b> Meatless Baked Ziti, 1/2c</p>
<p><b><u>Monday, June 13, 2022</u></b>  <b>Beef Meatballs &amp; Gravy, 3ea</b>                  WG Brown Rice w/Cauliflower, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Pineapple Tidbits, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  Sweet Peas / Peaches in Juice  <b>VEG:</b> Vegetarian Meatballs w/ Veg Gravy</p>	<p><b><u>Tuesday, June 14, 2022</u></b>  <b>Pizza Pasta Bake, 1/2c</b>                  WG Pasta/Marinara/Beef Crumbles                  Chicken&amp;Beef Pepperoni/Tomato Sauce                  Shredded Mozzarella Cheese, 1/2oz                  Steamed Green Beans, 1/4c                  Fresh Banana, 1/2ea  <b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b><u>Wednesday, June 15, 2022</u></b>  <b>NAE WG Chicken Nuggets, 4ea</b>                  No HFC Ketchup                  Caesar Salad w/Romaine, Dressing, 1/4c                  Parmesan Cheese, 1/4oz                  Fresh Orange Wedges, 2ea  <b><u>TODS &amp; TWOS</u></b>                  Mandarin Oranges / Green Beans  <b>VEG:</b> Morningstar Veggie Nuggets</p>	<p><b><u>Thursday, June 16, 2022</u></b>  <b>Italian Beef Meatball Sub, 3ea</b>                  Sub Roll, 1/2ea                  Shredded Mozzarella Cheese, 1/2oz                  Sweet Tender Peas, 1/4c                  Fresh Gala Apple, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce  <b>VEG:</b> Italian Veggie Meatball Sub</p>	<p><b><u>Friday, June 17, 2022</u></b>  <b>WG Breaded Pollock Alaska Nuggets, 3ea</b>                  Ketchup                  WG Brown Cheesy Rice w/ Cauliflower, 1/4c                  Tossed Salad w/Mixed Greens, 1/4c                  Creamy Ranch Dressing                  Fresh Honey Dew Melon, 1sl  <b><u>TODS &amp; TWOS</u></b>                  Diced Honey Dew/Carrot Coins  <b>VEG:</b> WG Brown Cheesy Rice w/Cauliflower</p>
<p><b><u>Monday, June 20, 2022</u></b>  <b>Chicken Slider on Bun, 1ea</b>                  Fancy Shredded Cheddar Cheese, 1/2oz                  Slider Bun, 1ea                  No HFC Ketchup                  Steamed Green Beans, 1/4c                  Mixed Peaches &amp; Pears in Juice, 3/8c  <b>VEG:</b> Vegetarian Sausage Slider</p>	<p><b><u>Tuesday, June 21, 2022</u></b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                  Savory Mashed Potatoes, 1/4c                  Wheat Dinner Roll, 1ea                  Fresh Red Delicious Apple, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce  <b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>	<p><b><u>Wednesday, June 22, 2022</u></b>  <b>GF Chicken Tender Strips, 3ea</b>                  No HFC Ketchup                  WG Brown Rice w/Cauliflower, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Fresh Cantaloupe, 1sl  <b><u>TODS &amp; TWOS</u></b>                  Diced Cantaloupe/Carrot Coins  <b>VEG:</b> Vegan Refried Beans/Cheese (side)</p>	<p><b><u>Thursday, June 23, 2022</u></b>  <b>WG Spaghetti w/ Beef &amp; Lentils</b>                  Marinara, 1/2c                  Parmesan Cheese, 1/2oz                  Baby Spinach &amp; Ranch, 1/4c                  Fresh Banana, 1/2ea  <b><u>TODS &amp; TWOS</u></b>                  Sweet Peas  <b>VEG:</b> WG Spaghetti Marinara/Parmesan</p>	<p><b><u>Friday, June 24, 2022</u></b>  <b>NAE Boneless Chicken Wing Dings, 3ea</b>                  No HFC Ketchup/Wheat Dinner Roll, 1ea                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                  Fresh Orange Wedges, 2ea  <b><u>TODS &amp; TWOS</u></b>                  Mandarin Oranges                  Peas, Carrots, Green Beans  <b>VEG:</b> Morningstar Veggie Nuggets, 5ea</p>
<p><b><u>Monday, June 27, 2022</u></b>  <b>Oven Baked Chicken Patty, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Tender Peas, 1/4c                  All Natural Applesauce, 3/8c  <b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b><u>Tuesday, June 28, 2022</u></b>  <b>Macaroni &amp; Cheese w/ WG, 1/2c</b>                  100% Whole Grain Bread, 1/2sl                  Tossed Salad w/Mixed Greens, 1/4c                  Creamy Ranch Dressing                  Fresh Banana, 1/2ea  <b><u>TODS &amp; TWOS</u></b>                  Peas, Carrots, Green Beans  <b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>	<p><b><u>Wednesday, June 29, 2022</u></b>  <b>Mexican Beef Nacho Fiesta, 1/4c</b>                  Shredded Cheddar Cheese, 1/2oz                  GF Corn Tortilla Chips, 1/4c                  Sweet Yellow Corn, 1/4c                  Fresh Honey Dew Melon, 1sl  <b><u>TODS &amp; TWOS</u></b>                  Wheat Dinner Roll/Carrot Coins                  Diced Honey Dew  <b>VEG:</b> Vegetarian Nacho Fiesta</p>	<p><b><u>Thursday, June 30, 2022</u></b>  <b>Corn Dog Nuggets, 4ea</b>                  No HFC Ketchup                  Steamed Green Beans, 1/4c                  Fresh Golden Delicious Apple, 3/8c  <b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce  <b>VEG:</b> Black Beans &amp; WG Rice</p>	<p><b><u>**NAE**</u></b>  <b><u>Never Antibiotics Ever</u></b>    <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)