

Fairfax Food Service

July 2022

LK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**NO HFC** Ketchup, Syrup, Breads</p>				<p>Friday, July 1, 2022 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</p> <p>TODS & TWOS Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>
<p>Monday, July 4, 2022</p> <p>July 4th Holiday</p>	<p>Tuesday, July 5, 2022 Roasted Teriyaki Chicken Strips, 3ea Plain WG Brown Rice w/Cauliflower, 1/4c Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c</p> <p>TODS & TWOS Carrot Coins</p> <p>VEG: Egg Rolls</p>	<p>Wednesday, July 6, 2022 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>Thursday, July 7, 2022 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS Mandarin Oranges/Carrot Coins</p> <p>VEG: Vegan Black Bean Chili</p>	<p>Friday, July 8, 2022 **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</p> <p>TODS & TWOS Peas, Carrots, Green Beans Diced Cantaloupe</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, July 11, 2022 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS Sweet Peas / Peaches in Juice</p> <p>VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p>Tuesday, July 12, 2022 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>Wednesday, July 13, 2022 NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS Mandarin Oranges / Green Beans</p> <p>VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, July 14, 2022 Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Fresh Gala Apple, 3/8c</p> <p>TODS & TWOS All Natural Applesauce</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p>Friday, July 15, 2022 WG Breaded Pollock Alaska Nuggets, 3ea Ketchup Cheesy WG Brown Rice w/ Cauliflower, 1/4c Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Honey Dew Melon, 1sl</p> <p>TODS & TWOS Diced Honey Dew/Carrot Coins</p> <p>VEG: Black Beans & WG Cheesy Rice w/Cauliflower</p>
<p>Monday, July 18, 2022 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>Tuesday, July 19, 2022 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 3/8c</p> <p>TODS & TWOS All Natural Applesauce</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Wednesday, July 20, 2022 GF Chicken Tender Strips, 3ea No HFC Ketchup Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Cantaloupe, 1sl</p> <p>TODS & TWOS Diced Cantaloupe/Carrot Coins</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Thursday, July 21, 2022 WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea</p> <p>TODS & TWOS Sweet Peas</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, July 22, 2022 NAE Boneless Chicken Wing Dings, 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Seedless Watermelon, 1sl</p> <p>TODS & TWOS Mandarin Oranges Peas, Carrots, Green Beans</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, July 25, 2022 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>Tuesday, July 26, 2022 Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea</p> <p>TODS & TWOS Peas, Carrots, Green Beans</p> <p>VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, July 27, 2022 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</p> <p>TODS & TWOS Wheat Dinner Roll/Carrot Coins Diced Honey Dew</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, July 28, 2022 Corn Dog Nuggets, 4ea No HFC Ketchup Steamed Green Beans, 1/4c Fresh Golden Delicious Apple, 3/8c</p> <p>TODS & TWOS All Natural Applesauce</p> <p>VEG: Black Beans & WG Rice</p>	<p>Friday, July 29, 2022 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</p> <p>TODS & TWOS Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</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)