

Fairfax Food Service

September 2022

BK Lunch Menu

<p align="center">**NAE** Never Antibiotics Ever</p> <p align="center">**NO HFC** Ketchup, Syrup, Breads</p>			<p align="center">Thursday, September 1, 2022 Corn Dog Nuggets, 6ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Orange Wedges, 4ea</p> <p align="center">VEG: Vegan Black Bean Chili</p>	<p align="center">Friday, September 2, 2022 **Meatless Baked Ziti** 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 align="center">VEG: Meatless Baked Ziti, 3/4c</p>
<p align="center">Monday, September 5, 2022 LABOR DAY HOLIDAY</p>	<p align="center">Tuesday, September 6, 2022 Swedish Beef Meatballs, 5ea Plain WG Brown Rice w/Cauliflower, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Pineapple Tidbits, 1/2c</p> <p align="center">VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p align="center">Wednesday, September 7, 2022 NAE WG Chicken Nuggets, 6ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/2c Parmesan Cheese, 1/2oz Fresh Orange Wedges, 4ea</p> <p align="center">VEG: Morningstar Veggie Nuggets, 6 ea</p>	<p align="center">Thursday, September 8, 2022 Italian Beef Meatball Sub, 5ea Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Sweet Tender Peas, 1/2c Fresh Gala Apple, 1ea</p> <p align="center">VEG: Italian Veggie Meatball Sub</p>	<p align="center">Friday, September 9, 2022 WG Breaded Pollock Alaska Nuggets, 6 ea No HFC Ketchup Cheesy WG Brown Rice w/ Cauliflower, 1/2c Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Fresh Honeydew Melon, 1sl</p> <p align="center">VEG: Black Beans & WG Cheesy Rice w/Cauliflower</p>
<p align="center">Monday, September 12, 2022 NAE Chicken Slider on Bun, 2ea Fancy Shredded Cheddar Cheese, 1oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c</p> <p align="center">VEG: Vegetarian Sausage Slider, 2ea</p>	<p align="center">Tuesday, September 13, 2022 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 1ea</p> <p align="center">VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p align="center">Wednesday, September 14, 2022 NAE - GF Chicken Tender Strips, 4 ea No HFC Ketchup Plain WG Brown Rice w/Cauliflower, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Fresh Cantaloupe, 1sl</p> <p align="center">VEG: Vegan Refried Beans/Cheese (side)</p>	<p align="center">Thursday, September 15, 2022 WG Spaghetti w/ Beef & Lentils Marinara, 3/4c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/2c Fresh Banana, 1ea</p> <p align="center">VEG: WG Spaghetti Marinara/Parmesan</p>	<p align="center">Friday, September 16, 2022 NAE Boneless Chicken Wing Dings, 4ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Fresh Orange Wedges, 4ea</p> <p align="center">VEG: Morningstar Veggie Nuggets, 6ea</p>
<p align="center">Monday, September 19, 2022 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/2c All Natural Applesauce, 1/2c</p> <p align="center">VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p align="center">Tuesday, September 20, 2022 Macaroni & Cheese w/ WG, 3/4c 100% Whole Grain Bread, 1sl Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Fresh Banana, 1ea</p> <p align="center">VEG: Macaroni & Cheese w/ WG</p>	<p align="center">Wednesday, September 21, 2022 Mexican Beef Nacho Fiesta, 1/2c Shredded Cheddar Cheese, 1oz GF Corn Tortilla Chips, 1/2c Sweet Yellow Corn, 1/2c Fresh Honeydew Melon, 1sl</p> <p align="center">VEG: Vegetarian Nacho Fiesta</p>	<p align="center">Thursday, September 22, 2022 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/2c Fresh Golden Delicious Apple, 1ea</p> <p align="center">VEG: Black Beans & WG Rice</p>	<p align="center">Friday, September 23, 2022 Breakfast for Lunch!! Pancake Wrap Chicken Sausage Bites, 6ea Syrup / Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/2c Fresh Orange Wedges, 4ea</p> <p align="center">VEG: Morningstar Veggie Sausage</p>
<p align="center">Monday, September 26, 2022 Roasted Teriyaki Chicken Strips, 5ea Plain WG Brown Rice w/Cauliflower, 1/2c Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 1/2c</p> <p align="center">VEG: Egg Rolls</p>	<p align="center">Tuesday, September 27, 2022 Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Red Delicious Apple, 1ea</p> <p align="center">VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p align="center">Wednesday, September 28, 2022 NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Fresh Banana, 1ea</p> <p align="center">VEG: Chickenless Fajita Strips</p>	<p align="center">Thursday, September 29, 2022 Corn Dog Nuggets, 6ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Orange Wedges, 4ea</p> <p align="center">VEG: Vegan Black Bean Chili</p>	<p align="center">Friday, September 30, 2022 **Meatless Baked Ziti** 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 align="center">VEG: Meatless Baked Ziti, 3/4c</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)

[Click link to see NEW Nutrislice Menus](https://adaycareffsfood.nutrislice.com/)

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