

Fairfax Food Service

December 2022

BK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**NO HFC** Ketchup, Syrup, Breads</p>			<p>Thursday, December 1, 2022 Italian Beef Meatball Sub, 5ea Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Sweet Tender Peas, 1/2c Fresh Gala Apple, 1ea</p> <p>VEG: Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p>Friday, December 2, 2022 Fish Patty on Bun, 1 ea. Wheat Hamburger Bun, 1ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Peaches in Juice, 1/2 c</p> <p>VEG: Black Beans & WG Brown Rice w/Cauliflower</p>
<p>Monday, December 5, 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>VEG: Vegetarian Sausage Slider, 2ea</p>	<p>Tuesday, December 6, 2022 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 1ea</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy, 1/2c</p>	<p>Wednesday, December 7, 2022 NAE GF Chicken Tender Strips, 4ea No HFC Ketchup Plain WG Brown Rice w/Cauliflower, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Mandarin Oranges, 1/2 c</p> <p>VEG: Vegan Refried Beans(3/4c)/Cheese (side)</p>	<p>Thursday, December 8, 2022 WG Spaghetti w/ Beef & Lentils Marinara, 3/4c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/2c Fresh Banana, 1ea</p> <p>VEG: WG Spaghetti Marinara(3/4c)/Parmesan(on side)</p>	<p>Friday, December 9, 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>VEG: Morningstar Veggie Nuggets, 6 ea.</p>
<p>Monday, December 12, 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>VEG: Veg Slider Bun, 2ea; Cheese (on side)</p>	<p>Tuesday, December 13, 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>VEG: Macaroni & Cheese w/ WG, 3/4c</p>	<p>Wednesday, December 14, 2022 Mexican Beef Nacho Fiesta, 1/2c Shredded Cheddar Cheese, 1oz GF Corn Tortilla Chips, 1/2c Sweet Yellow Corn, 1/2c Diced Pears in Juice, 1/2 c</p> <p>VEG: Vegetarian Nacho Fiesta, 1/2c</p>	<p>Thursday, December 15, 2022 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/2c Fresh Golden Delicious Apple, 1ea</p> <p>VEG: Black Beans, 1/2c & WG Rice, 1/2c</p>	<p>Friday, December 16, 2022 Breakfast for Lunch!! Pancake Wrap Chicken Sausage, 6ea Syrup / 'Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots w/Dip, 1/2c Fresh Orange Wedges, 4ea</p> <p>VEG: WG Pancakes, 2 ea VEG: Morningstar Veggie Sausage, 2 ea</p>
<p>Monday, December 19, 2022 Roasted Teriyaki Chicken Strips, 5 ea. 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>VEG: Egg Rolls, 2 ea.</p>	<p>Tuesday, December 20, 2022 Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Red Delicious Apple, 1ea</p> <p>VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p>	<p>Wednesday, December 21, 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>VEG: Chickenless Fajita Strips</p>	<p>Thursday, December 22, 2022 Corn Dog Nuggets, 6ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Orange Wedges, 4ea</p> <p>VEG: Morningstar Veggie Nuggets 6 ea.</p>	<p>Friday, December 23, 2022 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 3/4c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Italian Bread, 1sl Pears in Juice, 1/2 c</p> <p>VEG: Meatless Baked Ziti, 3/4c</p>
<p>Monday, December 26, 2022</p> <p>----- ----- ----- ----- -----</p> <p>HAPPY HOLIDAYS!!!</p>	<p>Tuesday, December 27, 2022 Pizza Pasta Bake, 3/4c WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1oz Steamed Green Beans, 1/2c Fresh Banana, 1ea</p> <p>VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, December 28, 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>VEG: Morningstar Veggie Nuggets 6 ea.</p>	<p>Thursday, December 29, 2022 Italian Beef Meatball Sub, 5ea Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Sweet Tender Peas, 1/2c Fresh Gala Apple, 1ea</p> <p>VEG: Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p>Friday, December 30, 2022 Fish Patty on Bun, 1 ea. Wheat Hamburger Bun, 1ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Peaches in Juice, 1/2 c</p> <p>VEG: Black Beans & WG Brown Rice w/Cauliflower</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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