

Fairfax Food Service

February 2023

BK Lunch Menu

		<p><b>Wednesday, February 1, 2023</b>  <b>NAE GF Chicken Tender Strips, 4ea</b>                  Ketchup                  Plain WG Brown Rice w/Cauliflower, 2/3 c                  Fresh Baby Carrots, 1/2c                  Ranch                  Mandarin Oranges, 1/2 c</p> <p><b>VEG:</b> Vegan Refried Beans(3/4c)/Cheese (side)</p>	<p><b>Thursday, February 2, 2023</b>  <b>WG Spaghetti w/ Beef &amp; Lentils Marinara, 3/4c</b>                  Parmesan Cheese, 1/2oz                  Baby Spinach, 1/2c                  Ranch                  Banana, 1ea</p> <p><b>VEG:</b> WG Spaghetti Marinara(3/4c)/Parmesan(on side)</p>	<p><b>Friday, February 3, 2023</b>  <b>NAE Boneless Chicken Wing Dings, 4ea</b>                  Ketchup                  Wheat Dinner Roll, 1ea                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c                  Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 6 ea.</p>
<p><b>Monday, February 6, 2023</b>  <b>Oven Baked Chicken Patty, 1ea</b>                  Wheat Hamburger Bun, 1ea                  Ketchup                  Sweet Tender Peas, 1/2c                  All Natural Applesauce, 1/2c</p> <p><b>VEG:</b> Veg Slider Bun, 2ea; Cheese (on side)</p>	<p><b>Tuesday, February 7, 2023</b>  <b>Macaroni &amp; Cheese w/ WG, 3/4c</b>                  100% Whole Grain Bread, 1sl                  Tossed Salad w/Mixed Greens, 1/2c                  Ranch                  Banana, 1ea</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG, 3/4c</p>	<p><b>Wednesday, February 8, 2023</b>  <b>Mexican Beef Nacho Fiesta, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  GF Corn Tortilla Chips, 1/2c                  Sweet Yellow Corn, 1/2c                  Diced Pears in Juice, 1/2 c</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta, 1/2c</p>	<p><b>Thursday, February 9, 2023</b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Steamed Green Beans, 1/2c                  Golden Delicious Apple, 1ea</p> <p><b>VEG:</b> Black Beans, 1/2c &amp; WG Rice, 1/2c</p>	<p><b>Friday, February 10, 2023</b>  <b>Breakfast for Lunch!!</b>  <b>Pancake Wrap Chicken Sausage, 6ea</b>                  Syrup                  Danimals Vanilla Yogurt (veg), 1ea                  Fresh Baby Carrots, 1/2c                  Ranch                  Orange Wedges, 4ea  <b>VEG:</b> WG Pancakes, 2 ea                  VEG: Morningstar Veggie Sausage, 2 ea</p>
<p><b>Monday, February 13, 2023</b>  <b>Teriyaki Diced Chicken, 1/2 c</b>                  Plain WG Brown Rice w/Cauliflower, 2/3 c                  Tossed Salad w/Mixed Greens, 1/2c                  Ranch                  Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>VEG:</b> Egg Rolls, 2 ea.</p>	<p><b>Tuesday, February 14, 2023</b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  Slice Cheddar Cheese, 1ea                  Ketchup                  Sweet Yellow Corn, 1/2c                  Red Delicious Apple, 1ea</p> <p><b>VEG:</b> Veg Slider on Bun, 2 ea.; Cheese on side</p>	<p><b>Wednesday, February 15, 2023</b>  <b>NAE Chicken Fajitas, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  Whole Wheat 6" Tortilla, 2ea                  Steamed Green Beans, 1/2c                  Banana, 1ea</p> <p><b>VEG:</b> Chickenless Fajita Strips</p>	<p><b>Thursday, February 16, 2023</b>  <b>Corn Dog Nuggets, 6ea</b>                  Ketchup                  Sweet Yellow Corn, 1/2c                  Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets 6 ea.</p>	<p><b>Friday, February 17, 2023</b>  <b>**Meatless Baked Ziti**</b>                  (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><b>VEG:</b> Meatless Baked Ziti, 3/4c</p>
<p><b>Monday, February 20, 2023</b>  <b>Swedish Beef Meatballs, 5ea</b>                  Plain WG Brown Rice w/Cauliflower, 2/3 c                  Fresh Baby Carrots w/ Ranch, 1/2c                  Pineapple Tidbits, 1/2c</p> <p><b>PRESIDENTS DAY!!!</b></p> <p><b>VEG:</b> Vegetarian Meatballs (3ea)/ Veg Gravy</p>	<p><b>Tuesday, February 21, 2023</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                  Banana, 1ea</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b>Wednesday, February 22, 2023</b>  <b>NAE WG Chicken Nuggets, 6ea</b>                  Ketchup                  Caesar Salad w/Romaine, 1/2c                  Caesar Dressing                  Parmesan Cheese, 1/2oz                  Orange Wedges, 4ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets 6 ea.</p>	<p><b>Thursday, February 23, 2023</b>  <b>Italian Beef Meatball Sub, 5ea</b>                  Sub Roll, 1ea                  Shredded Mozzarella Cheese, 1oz                  Sweet Tender Peas, 1/2c                  Gala Apple, 1ea</p> <p><b>VEG:</b> Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p><b>Friday, February 24, 2023</b>  <b>Fish Patty on Bun, 1 ea.</b>                  Wheat Hamburger Bun, 1ea                  Ketchup                  Tossed Salad w/Mixed Greens, 1/2c                  Ranch                  Peaches in Juice, 1/2 c</p> <p><b>VEG:</b> Black Beans &amp; WG Brown Rice w/Cauliflower</p>
<p><b>Monday, February 27, 2023</b>  <b>NAE Chicken Slider on Bun, 2ea</b>                  Shredded Cheddar Cheese, 1oz                  Slider Bun, 1ea                  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>Tuesday, February 28, 2023</b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                  Savory Mashed Potatoes, 1/2c                  Wheat Dinner Roll, 1ea                  Red Delicious Apple, 1ea</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy, 3/4 c</p>			<p><b>**NAE**</b>  <b>Never Antibiotics Ever</b></p> <p><b>**NO HFC**</b>  <b>Syrup, Breads</b></p>

Portions meet CACFP requirements: required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit), 1/2 oz grain equivalent. 3-5 years - 6oz. Milk  
 6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit ( we serve 1/2c veg, 1/2 c fruit), 1 oz grain equivalent.

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