

Fairfax Food Service

January 2023

BK Lunch Menu

<p>Monday, January 2, 2023</p> <p><small>NAE Chicken Slider on Bun, 2ea Fancy Shredded Cheddar Cheese, 1oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c</small></p> <p>HAPPY NEW YEAR!!!</p> <p><small>VEG: Vegetarian Sausage Slider, 2ea</small></p>	<p>Tuesday, January 3, 2023</p> <p>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, January 4, 2023</p> <p>NAE GF Chicken Tender Strips, 4ea 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, January 5, 2023</p> <p>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, January 6, 2023</p> <p>NAE Boneless Chicken Wing Dings, 4ea 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, January 9, 2023</p> <p>Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/2c All Natural Applesauce, 1/2c</p> <p>VEG: Veg Slider Bun, 2ea; Cheese (on side)</p>	<p>Tuesday, January 10, 2023</p> <p>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, January 11, 2023</p> <p>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, January 12, 2023</p> <p>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, January 13, 2023</p> <p>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, January 16, 2023</p> <p>Teriyaki Diced Chicken, 1/2 c 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>MARTIN LUTHER KING, JR BIRTHDAY!!!</p> <p>VEG: Egg Rolls, 2 ea.</p>	<p>Tuesday, January 17, 2023</p> <p>Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea 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, January 18, 2023</p> <p>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, January 19, 2023</p> <p>Corn Dog Nuggets, 6ea Ketchup Sweet Yellow Corn, 1/2c Fresh Orange Wedges, 4ea</p> <p>VEG: Morningstar Veggie Nuggets 6 ea.</p>	<p>Friday, January 20, 2023</p> <p>**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, January 23, 2023</p> <p>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>VEG: Vegetarian Meatballs (3ea)w/ Veg Gravy</p>	<p>Tuesday, January 24, 2023</p> <p>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, January 25, 2023</p> <p>NAE WG Chicken Nuggets, 6ea 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, January 26, 2023</p> <p>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, January 27, 2023</p> <p>Fish Patty on Bun, 1 ea. Wheat Hamburger Bun, 1ea 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, January 30, 2023</p> <p>NAE Chicken Slider on Bun, 2ea Fancy Shredded Cheddar Cheese, 1oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c</p> <p>VEG: Vegetarian Sausage Slider, 2ea</p>	<p>Tuesday, January 31, 2023</p> <p>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>**NAE**</p> <p>Never Antibiotics Ever</p> <p>**NO HFC**</p> <p>Syrup, Breads</p>

Portions meet CACFP requirements:
 3-5 years - 6oz. Milk 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).
 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)

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