

**Fairfax Food Service**

**April 2023**

**BK Lunch Menu**

<p><b><u>Monday, April 3, 2023</u></b>  <b>Oven Baked Chicken Patty, 1ea</b>                  WG White Wheat Hamburger Bun, 1ea                  Ketchup                  Sweet Tender Peas, 1/2c                  Applesauce, 1/2c</p> <p><b>VEG:</b> Veg Slider Bun, 2ea; Cheese (on side)</p>	<p><b><u>Tuesday, April 4, 2023</u></b>  <b>Macaroni &amp; Cheese, 3/4c</b>                  100% Whole Grain Bread, 1sl                  Tossed Salad w/Mixed Greens, 1 c                  Ranch                  Banana, 1ea</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG, 3/4c</p>	<p><b><u>Wednesday, April 5, 2023</u></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><u>Thursday, April 6, 2023</u></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, 1/2 c &amp; WG Brown Rice w/Cauliflower, 2/3c</p>	<p><b><u>Friday, April 7, 2023</u></b>  <b><u>Breakfast for Lunch!!</u></b>  <b>Pancake Wrap Chicken Sausage, 6ea</b>                  Syrup                  Danimals Vanilla Yogurt (veg), 1ea                  Fresh Baby Carrots, 1/2c                  Ranch                  Orange Wedges, 6 ea  <b>VEG:</b> WG Pancakes, 2 ea                  VEG: Morningstar Veggie Sausage, 2 ea</p>
<p><b><u>Monday, April 10, 2023</u></b>  <b>Teriyaki Diced Chicken, 2/3 c</b>                  Plain WG Brown Rice w/Cauliflower, 2/3 c                  Tossed Salad w/Mixed Greens, 1 c                  Ranch                  Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>VEG:</b> Egg Rolls, 1 ea.</p>	<p><b><u>Tuesday, April 11, 2023</u></b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  WG White 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><u>Wednesday, April 12, 2023</u></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 1/2 c</p>	<p><b><u>Thursday, April 13, 2023</u></b>  <b>Corn Dog Nuggets, 6ea</b>                  Ketchup                  Sweet Yellow Corn, 1/2c                  Orange Wedges, 6 ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets 6 ea.</p>	<p><b><u>Friday, April 14, 2023</u></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><u>Monday, April 17, 2023</u></b>  <b>Swedish Beef Meatballs, 5ea</b>                  Plain WG Brown Rice w/Cauliflower, 2/3 c                  Fresh Baby Carrots, 1/2c                  Ranch                  Pineapple Tidbits, 1/2c</p> <p><b>VEG:</b> Vegetarian Meatballs (3ea)w/ Veg Gravy</p>	<p><b><u>Tuesday, April 18, 2023</u></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, 3/4 c</p>	<p><b><u>Wednesday, April 19, 2023</u></b>  <b>NAE WG Chicken Nuggets, 6ea</b>                  Ketchup                  Caesar Salad w/Romaine, 1 c                  Caesar Dressing                  Parmesan Cheese, 1/2oz                  Orange Wedges, 6 ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets 6 ea.</p>	<p><b><u>Thursday, April 20, 2023</u></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><u>Friday, April 21, 2023</u></b>  <b>Fish Patty on Bun, 1 ea.</b>                  WG White Wheat Hamburger Bun, 1ea                  Ketchup                  Tossed Salad w/Mixed Greens, 1 c                  Ranch, 1 ea.                  Peaches in Juice, 1/2 c</p> <p><b>VEG:</b> Black Beans, 1/2 c &amp; WG Brown Rice w/Cauliflower, 2/3c</p>
<p><b><u>Monday, April 24, 2023</u></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><u>Tuesday, April 25, 2023</u></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><u>Wednesday, April 26, 2023</u></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> Refried Beans(3/4c)/ Cheese (side)</p>	<p><b><u>Thursday, April 27, 2023</u></b>  <b>WG Spaghetti w/ Beef &amp; Lentils, 3/4c</b>                  Parmesan Cheese, 1/2oz                  Baby Spinach, 1 c                  Ranch                  Banana, 1ea</p> <p><b>VEG:</b> WG Spaghetti Marinara(3/4c)/Parmesan(on side)</p>	<p><b><u>Friday, April 28, 2023</u></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, 6 ea</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 6 ea.</p>
<p><b><u>**NAE**</u></b>  <b><u>Never Antibiotics Ever</u></b></p> <p><b><u>**GF**</u></b>  <b><u>Gluten Free may contain egg &amp; or milk</u></b></p> <p><b><u>**WG**</u></b>  <b><u>Whole Grain</u></b></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), 1/2 oz grain equivalent.  
 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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