

Fairfax Food Service

May 2023

BK Lunch Menu

<p>Monday, May 1, 2023 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/2c Applesauce, 1/2c</p> <p>VEG: Veg Slider Bun, 2ea; Cheese (on side)</p>	<p>Tuesday, May 2, 2023 Macaroni & Cheese, 3/4c 100% Whole Grain Bread, 1sl Tossed Salad w/Mixed Greens, 1 c Ranch Banana, 1ea</p> <p>VEG: Macaroni & Cheese w/ WG, 3/4c</p>	<p>Wednesday, May 3, 2023 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, May 4, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/2c Golden Delicious Apple, 1ea</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 2/3c</p>	<p>Friday, May 5, 2023 Breakfast for Lunch!! Pancake Wrap Chicken Sausage, 6ea Syrup Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/2c Ranch Orange Wedges, 6 ea VEG: WG Pancakes, 2 ea VEG: Morningstar Veggie Sausage, 2 ea</p>
<p>Monday, May 8, 2023 Teriyaki Diced Chicken, 2/3 c Plain WG Brown Rice w/Cauliflower, 2/3 c Tossed Salad w/Mixed Greens, 1 c Ranch Mixed Peaches & Pears in Juice, 1/2c</p> <p>VEG: Egg Rolls, 1 ea.</p>	<p>Tuesday, May 9, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea Ketchup Sweet Yellow Corn, 1/2c Red Delicious Apple, 1ea</p> <p>VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p>	<p>Wednesday, May 10, 2023 NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Banana, 1ea</p> <p>VEG: Chickenless Fajita Strips 1/2 c</p>	<p>Thursday, May 11, 2023 Corn Dog Nuggets, 6ea Ketchup Sweet Yellow Corn, 1/2c Orange Wedges, 6 ea</p> <p>VEG: Morningstar Veggie Nuggets 6 ea.</p>	<p>Friday, May 12, 2023 **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, May 15, 2023 Swedish Beef Meatballs, 5ea Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Pineapple Tidbits, 1/2c</p> <p>VEG: Vegetarian Meatballs (3ea)w/ Veg Gravy</p>	<p>Tuesday, May 16, 2023 Pizza Pasta Bake, 3/4c (WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1oz Steamed Green Beans, 1/2c Banana, 1ea</p> <p>VEG: Vegetarian Pizza Pasta Bake, 3/4 c</p>	<p>Wednesday, May 17, 2023 NAE WG Chicken Nuggets, 6ea Ketchup Caesar Salad w/Romaine, 1 c Caesar Dressing Parmesan Cheese, 1/2oz Orange Wedges, 6 ea</p> <p>VEG: Morningstar Veggie Nuggets 6 ea.</p>	<p>Thursday, May 18, 2023 Italian Beef Meatball Sub, 5ea Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Sweet Tender Peas, 1/2c Gala Apple, 1ea</p> <p>VEG: Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p>Friday, May 19, 2023 Fish Patty on Bun, 1 ea. 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>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 2/3c</p>
<p>Monday, May 22, 2023 NAE Chicken Slider on Bun, 2ea 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, May 23, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Red Delicious Apple, 1ea</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy, 3/4 c</p>	<p>Wednesday, May 24, 2023 NAE GF Chicken Tender Strips, 4ea Ketchup Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Mandarin Oranges, 1/2 c</p> <p>VEG: Refried Beans(3/4c)/ Cheese (side)</p>	<p>Thursday, May 25, 2023 WG Spaghetti w/ Beef & Lentils, 3/4c Parmesan Cheese, 1/2oz Baby Spinach, 1 c Ranch Banana, 1ea</p> <p>VEG: WG Spaghetti Marinara(3/4c)/Parmesan(on side)</p>	<p>Friday, May 26, 2023 NAE Boneless Chicken Wing Dings, 4ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Orange Wedges, 6 ea</p> <p>VEG: Morningstar Veggie Nuggets, 6 ea.</p>
<p>Monday, May 29, 2023</p> <p>MEMORIAL DAY!!!</p>	<p>Tuesday, May 30, 2023 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/2c Applesauce, 1/2c</p> <p>VEG: Veg Slider Bun, 2ea; Cheese (on side)</p>	<p>Wednesday, May 31, 2023 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>**NAE** Never Antibiotics Ever</p> <p>**GF** Gluten Free may contain egg & or milk</p> <p>**WG** Whole Grain</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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