

**Fairfax Food Service**

**August 2023**

**BK Lunch Menu**

	<p><b><u>Tuesday, August 1, 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, August 2, 2023</u></b>  <b>Chicken Fajitas, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  Whole Wheat 6" Tortilla, 2ea                  Steamed Green Beans, 1/2c                  Banana, 1 ea</p> <p><b>VEG:</b> Chickenless Fajita Strips 1/2 c</p>	<p><b><u>Thursday, August 3, 2023</u></b>  <b><u>Breakfast for Lunch!!</u></b>  <b>WG Buttermilk Pancake 2 ea. w/</b>                  Chicken Sausage, 2 ea.                  Syrup                  Fresh Baby Carrots, 1/2 c                  Ranch                  Honeydew, 1 slice</p> <p><b>VEG:</b> Morningstar Veggie Sausage, 2 ea.</p>	<p><b><u>Friday, August 4, 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                  Wheat Dinner Roll, 1 ea.                  Pears in Juice, 1/2 c</p> <p><b>VEG:</b> Meatless Baked Ziti, 3/4c</p>
<p><b><u>Monday, August 7, 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)/ Veg Gravy</p>	<p><b><u>Tuesday, August 8, 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                  100% Whole Grain Bread, 1 sl                  Steamed Green Beans, 1/2c                  Banana, 1ea</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake, 3/4 c</p>	<p><b><u>Wednesday, August 9, 2023</u></b>  <b>WG Chicken Nuggets, 4 ea</b>  <b>Macaroni &amp; Cheese, 3/4 c</b>                  Ketchup                  Sweet Tender Peas, 1/2c                  Orange Wedges, 6 ea</p> <p><b>VEG:</b> Macaroni &amp; Cheese, 3/4 c                  Morningstar Veggie Nuggets, 4 ea.</p>	<p><b><u>Thursday, August 10, 2023</u></b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Caesar Salad, 1 c                  Caesar Dressing                  Parmesan Cheese                  Gala Apple, 1 ea.</p> <p><b>VEG:</b> Black Beans, 3/4 c &amp;                  WG Brown Rice w/Cauliflower, 2/3c</p>	<p><b><u>Friday, August 11, 2023</u></b>  <b>Fish Patty on Bun, 1 ea.</b>                  WG White Wheat Hamburger Bun, 1ea                  Ketchup                  Sweet Yellow Corn, 1/2c                  Peaches in Juice, 1/2 c</p> <p><b>VEG:</b> Veg Slider on Bun, 2 ea.; Cheese on side</p>
<p><b><u>Monday, August 14, 2023</u></b>  <b>Chicken Slider on Bun, 2ea</b>                  Shredded Cheddar Cheese, 1oz                  Slider Bun, 2 ea                  Ketchup                  Steamed Green Beans, 1/2c                  Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>VEG:</b> Veg Black Bean Chili 3/4 c w/ Cauliflower Rice , 1/2 c</p>	<p><b><u>Tuesday, August 15, 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> Vegan Meatballs in Vegan Gravy, 3 ea</p>	<p><b><u>Wednesday, August 16, 2023</u></b>  <b>GF Chicken Tender, 4ea</b>                  Ketchup                  Plain WG Brown Rice w/Cauliflower, 2/3 c                  Fresh Baby Carrots, 1/2c                  Ranch                  Orange Wedges, 6ea</p> <p><b>VEG:</b> Refried Beans(3/4c)/ Cheese (side)</p>	<p><b><u>Thursday, August 17, 2023</u></b>  <b>WG Spaghetti w/ Beef &amp; Lentils, 3/4c</b>                  Shredded Mozzarella, 1oz                  100% Whole Grain Bread, 1 sl                  Baby Spinach, 1 c                  Ranch                  Banana, 1ea</p> <p><b>VEG:</b> WG Spaghetti Marinara(3/4c)/Mozzarella</p>	<p><b><u>Friday, August 18, 2023</u></b>  <b>Boneless Chicken Wing Dings, 4ea</b>                  Ketchup                  Wheat Dinner Roll, 1ea                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c                  Watermelon, 1 sl</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 6 ea.</p>
<p><b><u>Monday, August 21, 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, August 22, 2023</u></b>  <b>WG Chicken Nuggets, 4 ea.</b>  <b>Macaroni &amp; Cheese, 3/4 c</b>                  Ketchup                  Tossed Salad w/Mixed Greens, 1 c                  Ranch                  Banana, 1ea</p> <p><b>VEG:</b> Macaroni &amp; Cheese, 3/4 c                  Morningstar Veggie Nuggets, 4 ea.</p>	<p><b><u>Wednesday, August 23, 2023</u></b>  <b>Beef Nacho Fiesta, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  GF Corn Tortilla Chips, 1/2c                  Sweet Yellow Corn, 1/2c                  Pears in Juice, 1/2 c</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta, 1/2c</p>	<p><b><u>Thursday, August 24, 2023</u></b>  <b>Italian Beef Meatball Sub, 5ea</b>                  Sub Roll, 1ea                  Shredded Mozzarella Cheese, 1oz                  Steamed Green Beans, 1/2c                  Golden Delicious Apple, 1ea</p> <p><b>VEG:</b> Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p><b><u>Friday, August 25, 2023</u></b>  <b>Corn Dog Nuggets, 6ea</b>                  Ketchup                  Tossed Salad w/Mixed Greens, 1 c                  Ranch                  Cantaloupe, 1 sl</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 6 ea.</p>
<p><b><u>Monday, August 28, 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, 2 ea.</p>	<p><b><u>Tuesday, August 29, 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, August 30, 2023</u></b>  <b>Chicken Fajitas, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  Whole Wheat 6" Tortilla, 2ea                  Steamed Green Beans, 1/2c                  Banana, 1 ea</p> <p><b>VEG:</b> Chickenless Fajita Strips 1/2 c</p>	<p><b><u>Thursday, August 31, 2023</u></b>  <b><u>Breakfast for Lunch!!</u></b>  <b>WG Buttermilk Pancake 2 ea. w/</b>                  Chicken Sausage, 2 ea.                  Syrup                  Fresh Baby Carrots, 1/2 c                  Ranch                  Honeydew, 1 slice</p> <p><b>VEG:</b> Morningstar Veggie Sausage, 2 ea.</p>	<p><b><u>Friday, September 1, 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                  Wheat Dinner Roll, 1 ea.                  Pears in Juice, 1/2 c</p> <p><b>VEG:</b> Meatless Baked Ziti, 3/4c</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.

**\*\*GF\*\* =**  
 Gluten Free may contain egg & or milk  
**\*\*WG\*\* =** Whole Grain

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