

Fairfax Food Service

January 2024

BK Lunch Menu

Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024
	<b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Red Delicious Apple, 1ea  VEG: Black Bean Chili , 3/4 c	<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  VEG: Refried Beans(3/4c)/ Cheese (side)	<b>WG Spaghetti w/ Beef &amp; Lentils, 3/4c</b> Shredded Mozzarella, 1oz 100% Whole Wheat Bread, 1 sl Baby Spinach, 1 c Ranch Banana, 1ea  VEG: WG Spaghetti Marinara(3/4c)/Mozzarella	<b>Boneless Chicken Wing Dings, 4ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Orange Wedges, 6 ea  VEG: Morningstar Veggie Nuggets, 6 ea.
<b>HAPPY NEW YEAR!!!</b>				
<b>Monday, January 8, 2024</b> <b>Oven Baked Chicken Patty, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/2c Applesauce, 1/2c  VEG: Veg Slider Bun, 2ea; Cheese (on side)	<b>Tuesday, January 9, 2024</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  VEG: Macaroni & Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.	<b>Wednesday, January 10, 2024</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  VEG: Vegetarian Nacho Fiesta, 1/2c	<b>Thursday, January 11, 2024</b> <b>Italian Beef Meatball Sub, 5ea</b> Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Steamed Green Beans, 1/2c Golden Delicious Apple, 1ea  VEG: Italian Veggie Meatball(3)Sub, 1 ea.	<b>Friday, January 12, 2024</b> <b>Corn Dog Nuggets, 6ea</b> Ketchup Tossed Salad w/Mixed Greens, 1 c Ranch Orange Wedges, 6 ea  VEG: Morningstar Veggie Nuggets, 6 ea.
<b>Monday, January 15, 2024</b> <b>Teriyaki Diced Chicken, 2/3 c</b> Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2 c Ranch Mixed Peaches & Pears in Juice, 1/2c <b>MARTIN LUTHER KING, Jr Birthday</b>  VEG: Egg Rolls, 2 ea.	<b>Tuesday, January 16, 2024</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  VEG: Veg Slider on Bun, 2 ea.; Cheese on side	<b>Wednesday, January 17, 2024</b> <b>Chicken Fajitas, 1/2c</b> Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Banana, 1 ea  VEG: Chickenless Fajita Strips 1/2 c	<b>Thursday, January 18, 2024</b> <b>WG Buttermilk Pancake 2 ea. w/</b> Chicken Sausage, 2 ea. Syrup Fresh Baby Carrots, 1/2 c Ranch Orange Wedges, 6 ea  VEG: Morningstar Veggie Sausage, 2 ea.	<b>Friday, January 19, 2024</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  VEG: Meatless Baked Ziti, 3/4c
<b>Monday, January 22, 2024</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  VEG: Vegetarian Meatballs (3ea)/ Veg Gravy	<b>Tuesday, January 23, 2024</b> <b>Pizza Pasta Bake, 3/4c</b> (WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1oz 100% Whole Wheat Bread, 1 sl Steamed Green Beans, 1/2c Banana, 1ea  VEG: Vegetarian Pizza Pasta Bake, 3/4 c	<b>Wednesday, January 24, 2024</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  VEG: Macaroni & Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.	<b>Thursday, January 25, 2024</b> <b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Caesar Salad, 1 c Caesar Dressing Parmesan Cheese Gala Apple, 1 ea.  VEG: Black Beans, 3/4 c & WG Brown Rice w/Cauliflower, 2/3c	<b>Friday, January 26, 2024</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  VEG: Veg Slider on Bun, 2 ea.; Cheese on side
<b>Monday, January 29, 2024</b> <b>Chicken Slider on Bun, 2ea</b> Shredded Cheddar Cheese, 1oz Slider Bun, 2 ea Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c  VEG: Vegetarian Sausage Slider, 2ea	<b>Tuesday, January 30, 2024</b> <b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Red Delicious Apple, 1ea  VEG: Black Bean Chili , 3/4 c	<b>Wednesday, January 31, 2024</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  VEG: Refried Beans(3/4c)/ Cheese (side)	<b>Thursday, February 1, 2024</b> <b>WG Spaghetti w/ Beef &amp; Lentils, 3/4c</b> Shredded Mozzarella, 1oz 100% Whole Wheat Bread, 1 sl Baby Spinach, 1 c Ranch Banana, 1ea  VEG: WG Spaghetti Marinara(3/4c)/Mozzarella	<b>Friday, February 2, 2024</b> <b>Boneless Chicken Wing Dings, 4ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Orange Wedges, 6 ea  VEG: Morningstar Veggie Nuggets, 6 ea.

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.

\*\*GF\*\* =

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

To see your Nutrilice Menu go to [ffsfood.com](https://ffsfood.com). Customers. Menus. scroll to find your schools name OR click link:

<https://ffsfood.com/schools-2/>