

# McLean

April 2019

# Lunch Menu

April 01	April 02	April 03	April 04	April 05
Chicken Slider on a Bun, 1ea Fancy Shred Cheddar Cheese, 1/2oz No HFC Ketchup Steamed Green Bean, 1/4c Fresh Orange Wedges, 2pcs <b>TODS &amp; TWOS</b> Mixed Fruit in Juice <b>VEG: Sausage Slider on a Bun</b>	Chicken Tenders, Gluten Free, Ketchup 3ea Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Apple, 3/8c <b>TODS &amp; TWOS</b> Carrot Coins/All Nat'l Applesauce <b>VEG: Refried Beans. Cheddar on side</b>	Salisbury Steak w/ Gravy, 1ea Red Skin Mashed Potatoes, 1/4c 100% Whole Grain Bread, 1/2sl Scandinavian Blend, 1/4c Fresh Cantaloupe, 1sl <b>TODS &amp; TWOS</b> Diced Cantaloupe <b>VEG: Veg Burger in Veg Gravy</b>	WG Spaghetti w/ Beef & Turkey Marinara Sauce, 1/2c Parmesan Cheese, 1/2oz Tossed Salad w/ Mix Greens/Ranch, 1/4c Fresh Banana, 1/2ea <b>TODS &amp; TWOS</b> Sweet Tender Peas <b>VEG: WG Mini Cheese Ravioli</b>	Boneless Chicken Breast Chunks, 3ea Ketchup 100% Whole Grain Bread, 1/2sl 5-Way Mixed Hot Vegetable, 1/4c Fresh Orange Wedges, 2ea <b>TODS &amp; TWOS</b> 3-Way Hot/Mandarin Oranges <b>VEG: Veg Meatballs w/ Veg Gravy</b>
April 08	April 09	April 10	April 11	April 12
WG Chicken Bites w/ Ketchup, 3ea Sweet Tender Peas, 1/4c 100% Whole Grain Bread, 1/2sl All Natural Applesauce, 3/8c <b>VEG: Vegetarian Nuggets</b>	Chicken Breast Chunks Boneless, 3ea Ketchup 100% Whole Grain Bread, 1/2sl Mixed Vegetable Trio w/ Ranch, 1/4c Fresh Banana, 1/2ea <b>TODS &amp; TWOS</b> 3-Way Hot Vegetable <b>VEG: Macaroni &amp; Cheese</b>	Mexican Beef Nacho, 1/4c Shredded Cheddar, 1/2oz Corn Tortilla Chips, 1/4c Diced Mixed Melon, 3/8c <b>TODS &amp; TWOS</b> Diced Mixed Melons, Carrot Coins 100% Whole Grain Bread <b>VEG: Veg Nacho</b>	Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Apple, 3/8c <b>TODS &amp; TWOS</b> All Natural Applesauce <b>VEG: Italian Veggie Meatballs</b>	Breakfast for Lunch! WG Buttermilk Pancakes w/ Syrup, 1ea Danimal Vanilla Yogurt, 1ea Chicken Sausage Patty, 1ea (GF) Fresh Orange Wedges, 4ea <b>TODS &amp; TWOS</b> Mandarin Oranges in Juice <b>VEG: Veggie Sausage Patty</b>
April 15	April 16	April 17	April 18	April 19
Roasted Teriyaki Chicken Strips, 3ea Brown Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Orange Wedges, 2pcs <b>TODS &amp; TWOS</b> Mixed Fruit in Juice, Carrot Coins <b>VEG: Red Beans &amp; Rice</b>	Lean Beef Hamburger, 1ea Wheat Hamburger Bun, 1ea Ketchup Mashed Sweet Potatoes, 1/4c Fresh Banana, 1/2ea <b>VEG: Vegetarian Burger</b>	Italian Meatball Subs, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Tossed Salad w/ Mix Greens/Ranch, 1/4c Fresh Fruit (Melons & Pineapple), 3/8c <b>TODS &amp; TWOS</b> Peas, Diced Mixed Melons <b>VEG: Veg Meatballs in Marinara</b>	Chicken Fajitas, 1/3c All Natural Cheddar, 1/2oz Whole Wheat Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Apple, 3/8c <b>TODS &amp; TWOS</b> All Natural Applesauce <b>VEG: Fajitas Chickenless Strips</b>	Cheese Pizza, 1sl 5-Way Hot Mixed Vegetable Fresh Apple, 1/2ea <b>TODS &amp; TWOS</b> Peaches in Juice/3-Way Hot Veg
April 22	April 23	April 24	April 25	April 26
Italian Meatball Sub, 3ea Sub Roll, 1/2ea Shred Mozzarella, 1/2oz Fresh Baby Carrots w/ Ranch, 1/4c All Natural Applesauce, 3/8c <b>TODS &amp; TWOS</b> Sweet Peas <b>VEG: Veggie Meatballs Marinara</b>	Pizza Pasta Bake, 1/2c Shredded Mozzarella, 1/2oz Tossed Salad w/ Mix Greens/Ranch, 1/4c Fresh Banana, 1/2ea <b>TODS &amp; TWOS</b> Carrot Coins <b>VEG: Meatless Pizza Pasta Bake</b>	WG Chicken Bites w/ Ketchup, 3ea 100% Whole Grain Bread, 1/2sl Caesar Salad w/ Dressing & Parmesan, 1/4c Fresh Orange Wedges, 2pcs <b>TODS &amp; TWOS</b> Green Beans/ Mandarin Oranges in Juice <b>VEG: Veggie Nuggets</b>	Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Apple, 3/8c <b>TODS &amp; TWOS</b> All Natural Applesauce/ 3-Way Hot Veg <b>VEG: Cheddar Cheese on W Wheat</b>	Creamy Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Sweet Tender Peas, 1/4c Fresh Fruit (Melons & Pineapple), 3/8c <b>TODS &amp; TWOS</b> Diced Mixed Melons <b>VEG: Macaroni &amp; Cheese</b>
April 29	April 30			<b>Fairfax Food Service &amp; Caterers</b> P.O. Box 418 Newington, Va. 22122  <b>Whole Grains</b> Fresh Fruit NO HFC Ketchup or Syrup
Chicken Slider on a Bun, 1ea Fancy Shred Cheddar Cheese, 1/2oz No HFC Ketchup Steamed Green Bean, 1/4c Fresh Orange Wedges, 2pcs <b>TODS &amp; TWOS</b> Mixed Fruit in Juice <b>VEG: Sausage Slider on a Bun</b>	Chicken Tenders, Gluten Free, Ketchup 3ea Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Apple, 3/8c <b>TODS &amp; TWOS</b> Carrot Coins/All Nat'l Applesauce <b>VEG: Refried Beans. Cheddar on side</b>			

6oz. Milk required w/ each meal, 8oz for 6 to 12yrs. 6 to 12 yrs. 2oz meat/meat alternative, 3/4c vegetable or fruit ( we serve 1/2c veg, 3/8 c fruit)