

McLean

May 2019

Lunch Menu

<p>Fairfax Food Service & Caterers P.O. Box 418 Newington, Va. 22122</p> <p>Whole Grains Fresh Fruit NO HFC Ketchup or Syrup</p>		<p>May 01</p> <p>Salisbury Steak w/ Gravy, 1ea Red Skin Mashed Potatoes, 1/4c 100% Whole Grain Bread, 1/2sl Scandinavian Blend, 1/4c Fresh Cantaloupe, 1sl</p> <p>TODS & TWOS Diced Cantaloupe</p> <p>VEG: Veg Burger in Veg Gravy</p>	<p>May 02</p> <p>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</p> <p>TODS & TWOS Sweet Tender Peas</p> <p>VEG: WG Mini Cheese Ravioli</p>	<p>May 03</p> <p>Boneless Chicken Breast Chunks, 3ea Ketchup 100% Whole Grain Bread, 1/2sl 5-Way Mixed Hot Vegetable, 1/4c Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS 3-Way Hot/Mandarin Oranges</p> <p>VEG: Veg Meatballs w/ Veg Gravy</p>
<p>May 06</p> <p>WG Chicken Bites w/ Ketchup, 3ea Sweet Tender Peas, 1/4c 100% Whole Grain Bread, 1/2sl All Natural Applesauce, 3/8c</p> <p>VEG: Vegetarian Nuggets</p>	<p>May 07</p> <p>Chicken Breast Chunks Boneless, 3ea Ketchup 100% Whole Grain Bread, 1/2sl Mixed Vegetable Trio w/ Ranch, 1/4c Fresh Banana, 1/2ea</p> <p>TODS & TWOS 3-Way Hot Vegetable</p> <p>VEG: Macaroni & Cheese</p>	<p>May 08</p> <p>Mexican Beef Nacho, 1/4c Shredded Cheddar, 1/2oz Corn Tortilla Chips, 1/4c Diced Mixed Melon, 3/8c</p> <p>TODS & TWOS Diced Mixed Melons, Carrot Coins 100% Whole Grain Bread</p> <p>VEG: Veg Nacho</p>	<p>May 09</p> <p>Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Apple, 3/8c</p> <p>TODS & TWOS All Natural Applesauce</p> <p>VEG: Italian Veggie Meatballs</p>	<p>May 10</p> <p>Breakfast for Lunch! WG Buttermilk Pancakes w/ Syrup, 1ea Danimal Vanilla Yogurt, 1ea Chicken Sausage Patty, 1ea (GF) Fresh Orange Wedges, 4ea</p> <p>TODS & TWOS Mandarin Oranges in Juice</p> <p>VEG: Veggie Sausage Patty</p>
<p>May 13</p> <p>Roasted Teriyaki Chicken Strips, 3ea Brown Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Orange Wedges, 2pcs</p> <p>TODS & TWOS Mixed Fruit in Juice, Carrot Coins</p> <p>VEG: Red Beans & Rice</p>	<p>May 14</p> <p>Lean Beef Hamburger, 1ea Wheat Hamburger Bun, 1ea Ketchup Mashed Sweet Potatoes, 1/4c Fresh Banana, 1/2ea</p> <p>VEG: Vegetarian Burger</p>	<p>May 15</p> <p>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</p> <p>TODS & TWOS Peas, Diced Mixed Melons</p> <p>VEG: Veg Meatballs in Marinara</p>	<p>May 16</p> <p>Chicken Fajitas, 1/3c All Natural Cheddar, 1/2oz Whole Wheat Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Apple, 3/8c</p> <p>TODS & TWOS All Natural Applesauce</p> <p>VEG: Fajitas Chickenless Strips</p>	<p>May 17</p> <p>Cheese Pizza, 1sl 5-Way Hot Mixed Vegetable Fresh Apple, 1/2ea</p> <p>TODS & TWOS Peaches in Juice/3-Way Hot Veg</p>
<p>May 20</p> <p>Italian Meatball Sub, 3ea Sub Roll, 1/2ea Shred Mozzarella, 1/2oz Fresh Baby Carrots w/ Ranch, 1/4c All Natural Applesauce, 3/8c</p> <p>TODS & TWOS Sweet Peas</p> <p>VEG: Veggie Meatballs Marinara</p>	<p>May 21</p> <p>Pizza Pasta Bake, 1/2c Shredded Mozzarella, 1/2oz Tossed Salad w/ Mix Greens/Ranch, 1/4c Fresh Banana, 1/2ea</p> <p>TODS & TWOS Carrot Coins</p> <p>VEG: Meatless Pizza Pasta Bake</p>	<p>May 22</p> <p>WG Chicken Bites w/ Ketchup, 3ea 100% Whole Grain Bread, 1/2sl Caesar Salad w/ Dressing & Parmesan, 1/4c Fresh Orange Wedges, 2pcs</p> <p>TODS & TWOS Green Beans/ Mandarin Oranges in Juice</p> <p>VEG: Veggie Nuggets</p>	<p>May 23</p> <p>Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Apple, 3/8c</p> <p>TODS & TWOS All Natural Applesauce/ 3-Way Hot Veg</p> <p>VEG: Cheddar Cheese on W Wheat</p>	<p>May 24</p> <p>Creamy Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Sweet Tender Peas, 1/4c Fresh Fruit (Melons & Pineapple), 3/8c</p> <p>TODS & TWOS Diced Mixed Melons</p> <p>VEG: Macaroni & Cheese</p>
<p>May 27</p> <p>MEMORIAL DAY HOLIDAY!!</p>	<p>May 28</p> <p>Chicken Tenders, Gluten Free, Ketchup 3ea Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Apple, 3/8c</p> <p>TODS & TWOS Carrot Coins/All Nat'l Applesauce</p> <p>VEG: Refried Beans. Cheddar on side</p>	<p>May 29</p> <p>Salisbury Steak w/ Gravy, 1ea Red Skin Mashed Potatoes, 1/4c 100% Whole Grain Bread, 1/2sl Scandinavian Blend, 1/4c Fresh Cantaloupe, 1sl</p> <p>TODS & TWOS Diced Cantaloupe</p> <p>VEG: Veg Burger in Veg Gravy</p>	<p>May 30</p> <p>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</p> <p>TODS & TWOS Sweet Tender Peas</p> <p>VEG: WG Mini Cheese Ravioli</p>	<p>May 31</p> <p>Boneless Chicken Breast Chunks, 3ea Ketchup 100% Whole Grain Bread, 1/2sl 5-Way Mixed Hot Vegetable, 1/4c Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS 3-Way Hot/Mandarin Oranges</p> <p>VEG: Veg Meatballs w/ Veg Gravy</p>

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)