

McLean

September 2019

Lunch Menu

<u>September 02</u>	<u>September 03</u>	<u>September 04</u>	<u>September 05</u>	<u>September 06</u>
LABOR DAY	Roasted Teriyaki Chicken Strips, 3ea Brown Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Orange Wedges, 2pcs	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	Chicken Fajitas, 1/3c All Natural Cheddar, 1/2oz Whole Wheat Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Apple, 3/8c	Cheese Pizza, 1sl 5-Way Hot Mixed Vegetable Fresh Apple, 1/2ea TODS & TWOS Peaches in Juice/3-Way Hot Veg
HOLIDAY	TODS & TWOS Mixed Fruit in Juice, Carrot Coins VEG: Red Beans & Rice	TODS & TWOS Peas, Diced Mixed Melons VEG: Veg Meatballs in Marinara	TODS & TWOS All Natural Applesauce VEG: Fajitas Chickenless Strips	
<u>September 09</u>	<u>September 10</u>	<u>September 11</u>	<u>September 12</u>	<u>September 13</u>
Italian Meatball Sub, 3ea Sub Roll, 1/2ea Shred Mozzarella, 1/2oz Fresh Baby Carrots w/ Ranch, 1/4c All Natural Applesauce, 3/8c TODS & TWOS Sweet Peas VEG: Veggie Meatballs Marinara	Pizza Pasta Bake, 1/2c Shredded Mozzarella, 1/2oz Tossed Salad w/ Mix Greens/Ranch, 1/4c Fresh Banana, 1/2ea TODS & TWOS Carrot Coins VEG: Meatless Pizza Pasta Bake	*NAE WG Chicken Bites w/ Ketchup, 4ea Caesar Salad w/ Dressing & Parmesan, 1/4c Fresh Orange Wedges, 2pcs TODS & TWOS Green Beans/ Mandarin Oranges in Juice VEG: Veggie Nuggets	Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Apple, 3/8c TODS & TWOS All Natural Applesauce/ 3-Way Hot Veg VEG: Cheddar Cheese on W Wheat	Creamy Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Sweet Tender Peas, 1/4c Fresh Fruit (Melons & Pineapple), 3/8c TODS & TWOS Diced Mixed Melons VEG: Macaroni & Cheese
<u>September 16</u>	<u>September 17</u>	<u>September 18</u>	<u>September 19</u>	<u>September 20</u>
Chicken Slider on a Bun, 1ea Fancy Shred Cheddar Cheese, 1/2oz No HFC Ketchup Steamed Green Bean, 1/4c Fresh Orange Wedges, 2pcs TODS & TWOS Mixed Fruit in Juice VEG: Sausage Slider on a Bun	Chicken Tenders, Gluten Free, Ketchup 3ea Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Apple, 3/8c TODS & TWOS Carrot Coins/All Nat'l Applesauce VEG: Refried Beans, Cheddar on side	Salisbury Steak w/ Gravy, 1ea Red Skin Mashed Potatoes, 1/4c 100% Whole Grain Bread, 1/2sl Fresh Cantaloupe, 1sl TODS & TWOS Diced Cantaloupe VEG: Veg Burger in Veg Gravy	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 TODS & TWOS Sweet Tender Peas VEG: WG Mini Cheese Ravioli	NAE Boneless Chicken Breast Chunks, 3ea Ketchup 100% Whole Grain Bread, 1/2sl 5-Way Mixed Hot Vegetable, 1/4c Fresh Orange Wedges, 2ea TODS & TWOS 3-Way Hot/Mandarin Oranges VEG: Veg Meatballs w/ Veg Gravy
<u>September 23</u>	<u>September 24</u>	<u>September 25</u>	<u>September 26</u>	<u>September 27</u>
NAE WG Chicken Bites w/HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Vegetarian Nuggets	NAE Boneless Chicken Breast Chunks, 3ea Ketchup 100% Whole Grain Bread, 1/2sl Mixed Vegetable Trio w/ Ranch, 1/4c Fresh Banana, 1/2ea TODS & TWOS 3-Way Hot Vegetable VEG: Macaroni & Cheese	Mexican Beef Nacho, 1/4c Shredded Cheddar, 1/2oz Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Diced Mixed Melon, 3/8c TODS & TWOS: Carrot Coins 100% Whole Grain Bread VEG: Veg Nacho	Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Apple, 3/8c TODS & TWOS All Natural Applesauce VEG: Italian Veggie Meatballs	Breakfast for Lunch! WG Buttermilk Pancakes w/ Syrup, 1ea Danimal Vanilla Yogurt, 1ea Chicken Sausage Patty, 1ea (GF) Baby Carrots, Dip/Orange Wedges, 2ea TODS & TWOS Carrot Coins/Mandarin VEG: Veggie Sausage Patty
<u>September 30</u>			*NAE - No Antibiotics Ever	Fairfax Food Service & Caterers P.O. Box 418 Newington, Va. 22122 Whole Grains Fresh Fruit NO HFC/GF Ketchup or Syrup
Roasted Teriyaki Chicken Strips, 3ea Brown Whole Grain Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Orange Wedges, 2pcs TODS & TWOS Mixed Fruit in Juice, Carrot Coins VEG: Red Beans & Rice				

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)