

Fairfax Food Service

July 2020

Tyson's LK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**NO HFC** Ketchup, Syrup, Breads</p>		<p>Wednesday, July 1, 2020 Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Diced Peas in Juice TODS & TWOS Wheat Dinner Roll/Carrot Coins</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, July 2, 2020 Italian Beef Meatball Sub,3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Gala Apple, 3/8c TODS & TWOS All Natural Applesauce</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p>Friday, July 3, 2020 <u>JULY 4TH HOLIDAY!!</u> <u>OBSERVANCE</u></p>
<p>Monday, July 6, 2020 Roasted Teriyaki Chicken Strips, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mixed Peaches & Pears in Juice, 3/8c TODS & TWOS Carrot Coins</p> <p>VEG: Egg Rolls</p>	<p>Tuesday, July 7, 2020 Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Banana, 1/2ea TODS & TWOS Steamed Green Beans</p> <p>VEG: Morningstar Veggie Burger</p>	<p>Wednesday, July 8, 2020 Turkey Corn Dog Nuggets, 4ea No HFC Ketchup Tossed Salad w/Mixed Greens,1/4c Creamy Ranch Dressing Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges / Sweet Peas</p> <p>VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, July 9, 2020 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Red Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce</p> <p>VEG: Chickenless Fajita Strips</p>	<p>Friday, July 10, 2020 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/ Corn/Lima Beans,1/4c Italian Bread, 1sl Peaches in Juice, 3/8c TODS & TWOS Peas, Carrots, Green Beans VEG: Meatless Baked Ziti</p>
<p>Monday, July 13, 2020 Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c All Natural Applesauce, 3/8c TODS & TWOS Sweet Tender Peas</p> <p>VEG: Vegetarian Meatball in Veg Gravy</p>	<p>Tuesday, July 14, 2020 Pizza Pasta Bake, 1/2c WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1/2oz Tossed Salad w/Mixed Greens,1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea TODS & TWOS - Carrot Coins VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, July 15, 2020 NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges / Green Beans</p> <p>VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, July 16, 2020 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Golden Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce/Carrot Coins</p> <p>VEG: Vegan Black Bean Chili</p>	<p>Friday, July 17, 2020 NAE Grilled Chicken Filet, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c Mandarin Oranges in Juice, 3/8c</p> <p>VEG: Macaroni & Cheese w/ WG</p>
<p>Monday, July 20, 2020 Chicken Slider on Bun, 1ea Fancy Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c</p> <p>VEG: Vegetarian Sausage Slider</p>	<p>Tuesday, July 21, 2020 GF Chicken Tender Strips, 3ea No HFC Ketchup Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Red Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce/Carrot Coins</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Wednesday, July 22, 2020 Cheese Pizza, 1sl Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits in Juice, 3/8c TODS & TWOS Green Beans/Peaches in Juice</p> <p>VEG: Cheese Pizza</p>	<p>Thursday, July 23, 2020 WG Spaghetti w/ Italian Meat Sauce Ground Turkey & Beef Crumbles, 1/2c Parmesan Cheese, 1/2oz Tossed Salad w/Mixed Greens,1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea TODS & TWOS - Sweet Peas</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, July 24, 2020 NAE Chicken Breast Chunks, 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/ Corn/Lima Beans,1/4c Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges Peas, Carrots, Green Beans VEG: Morningstar Veggie Nuggets</p>
<p>Monday, July 27, 2020 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p>VEG: Morningstar Veggie Burger</p>	<p>Tuesday, July 28, 2020 Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Fresh Carrots & Broccoli, 1/4c Creamy Ranch Dip Fresh Banana, 1/2ea TODS & TWOS Peas, Carrots, Green Beans</p> <p>VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, July 29, 2020 Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Diced Peas in Juice TODS & TWOS Wheat Dinner Roll/Carrot Coins</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, July 30, 2020 Italian Beef Meatball Sub,3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Gala Apple, 3/8c TODS & TWOS All Natural Applesauce</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p>Friday, July 31, 2020 Breakfast for Lunch!! WG Buttermilk Pancake w/Syrup, 1ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>

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