

Fairfax Food Service

August 2020

Tyson's LK Lunch Menu

<p><u>Monday, August 3, 2020</u> 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 <u>TODS & TWOS</u> Carrot Coins VEG: Egg Rolls</p>	<p><u>Tuesday, August 4, 2020</u> Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Banana, 1/2ea <u>TODS & TWOS</u> Steamed Green Beans VEG: Morningstar Veggie Burger</p>	<p><u>Wednesday, August 5, 2020</u> Turkey Corn Dog Nuggets, 4ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges / Sweet Peas VEG: Morningstar Veggie Nuggets</p>	<p><u>Thursday, August 6, 2020</u> 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 <u>TODS & TWOS</u> All Natural Applesauce VEG: Chickenless Fajita Strips</p>	<p><u>Friday, August 7, 2020</u> **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 <u>TODS & TWOS</u> Peas, Carrots, Green Beans VEG: Meatless Baked Ziti</p>
<p><u>Monday, August 10, 2020</u> Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c All Natural Applesauce, 3/8c <u>TODS & TWOS</u> Sweet Tender Peas VEG: Vegetarian Meatball in Veg Gravy</p>	<p><u>Tuesday, August 11, 2020</u> 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 <u>TODS & TWOS</u> - Carrot Coins VEG: Vegetarian Pizza Pasta Bake</p>	<p><u>Wednesday, August 12, 2020</u> NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges / Green Beans VEG: Morningstar Veggie Nuggets</p>	<p><u>Thursday, August 13, 2020</u> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce/Carrot Coins VEG: Vegan Black Bean Chili</p>	<p><u>Friday, August 14, 2020</u> NAE Grilled Chicken Filet, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c Mandarin Oranges in Juice, 3/8c VEG: Macaroni & Cheese w/ WG</p>
<p><u>Monday, August 17, 2020</u> 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 VEG: Vegetarian Sausage Slider</p>	<p><u>Tuesday, August 18, 2020</u> 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 <u>TODS & TWOS</u> All Natural Applesauce/Carrot Coins VEG: Vegan Refried Beans/Cheese (side)</p>	<p><u>Wednesday, August 19, 2020</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Pineapple Tidbits in Juice, 3/8c <u>TODS & TWOS</u> Peaches in Juice VEG: MS Veggie Burger w/Veg Gravy</p>	<p><u>Thursday, August 20, 2020</u> 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 <u>TODS & TWOS</u> - Sweet Peas VEG: WG Spaghetti Marinara/Parmesan</p>	<p><u>Friday, August 21, 2020</u> NAE Boneless Chicken Wing Dings , 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges Peas, Carrots, Green Beans VEG: Morningstar Veggie Nuggets</p>
<p><u>Monday, August 24, 2020</u> Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Morningstar Veggie Burger</p>	<p><u>Tuesday, August 25, 2020</u> Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Fresh Carrots & Broccoli, 1/4c Creamy Ranch Dip Fresh Banana, 1/2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans VEG: Macaroni & Cheese w/ WG</p>	<p><u>Wednesday, August 26, 2020</u> Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Diced Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins VEG: Cheese Pizza</p>	<p><u>Thursday, August 27, 2020</u> Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Gala Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce VEG: Italian Veggie Meatball Sub</p>	<p><u>Friday, August 28, 2020</u> 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 <u>TODS & TWOS</u> Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>
<p><u>Monday, August 31, 2020</u> 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 <u>TODS & TWOS</u> Carrot Coins VEG: Egg Rolls</p>			<p><u>**NAE**</u> <u>Never Antibiotics Ever</u> <u>**NO HFC**</u> <u>Ketchup, Syrup, Breads</u></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)