

**Fairfax Food Service**

**August 2021**

**Tyson's - Springhill LK Lunch Menu**

<p><b>Monday, August 2, 2021</b>  <b>Roasted Teriyaki Chicken Strips, 3ea</b>                  Whole Grain Brown Rice, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Mixed Peaches &amp; Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  Carrot Coins</p> <p><b>VEG:</b> Egg Rolls</p>	<p><b>Tuesday, August 3, 2021</b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Yellow Corn, 1/4c                  Fresh Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  Steamed Green Beans/Applesauce</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b>Wednesday, August 4, 2021</b>  <b>Turkey Corn Dog Nuggets, 4ea</b>                  No HFC Ketchup                  Tossed Salad w/Mixed Greens, 1/4c                  Creamy Ranch Dressing                  Fresh Orange Wedges, 2ea  <u><b>TODS &amp; TWOS</b></u>                  Mandarin Oranges / Sweet Peas</p> <p><b>VEG:</b> Morningstar Veggie Nuggets</p>	<p><b>Thursday, August 5, 2021</b>  <b>NAE Chicken Fajitas, 1/3c</b>                  Shredded Cheddar Cheese, 1/2oz                  Whole Wheat 6" Tortilla, 1ea                  Steamed Green Beans, 1/4c                  Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Chickenless Fajita Strips</p>	<p><b>Friday, August 6, 2021</b>  <b>Cheese Pizza, 1sl</b>                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                  Fresh Cantaloupe, 1sl  <u><b>TODS &amp; TWOS</b></u>                  Peas, Carrots, Green Beans                  Diced Cantaloupe</p> <p><b>VEG:</b> Cheese Pizza</p>
<p><b>Monday, August 9, 2021</b>  <b>Beef Meatballs &amp; Gravy, 3ea</b>                  Whole Grain Brown Rice, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Pineapple Tidbits, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  Sweet Tender Peas/Peaches in Juice</p> <p><b>VEG:</b> Vegetarian Meatball in Veg Gravy</p>	<p><b>Tuesday, August 10, 2021</b>  <b>Pizza Pasta Bake, 1/2c</b>                  WG Pasta/Marinara/Beef Crumbles                  Chicken&amp;Beef Pepperoni/Tomato Sauce                  Shredded Mozzarella Cheese, 1/2oz                  Steamed Green Beans, 1/4c                  Fresh Banana, 1/2ea  <u><b>TODS &amp; TWOS</b></u>                  Carrot Coins</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b>Wednesday, August 11, 2021</b>  <b>NAE WG Chicken Nuggets, 4ea</b>                  No HFC Ketchup                  Caesar Salad w/Romaine, Dressing, 1/4c                  Parmesan Cheese, 1/4oz                  Fresh Orange Wedges, 2ea  <u><b>TODS &amp; TWOS</b></u>                  Mandarin Oranges / Green Beans</p> <p><b>VEG:</b> Black Beans &amp; WG Rice</p>	<p><b>Thursday, August 12, 2021</b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Sweet Yellow Corn, 1/4c                  Fresh Golden Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  All Natural Applesauce/Carrot Coins</p> <p><b>VEG:</b> Vegan Black Bean Chili</p>	<p><b>Friday, August 13, 2021</b>  <b>Asiago Chicken Pasta w/ Spinach, 1/2c</b>                  WG Pasta, Diced Tomato, Spinach                  Cheese Sauce                  Sweet Tender Peas, 1/4c                  Fresh Honey Dew Melon, 1sl  <u><b>TODS &amp; TWOS</b></u>                  Diced Honey Dew</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>
<p><b>Monday, August 16, 2021</b>  <b>Chicken Slider on Bun, 1ea</b>                  Fancy Shredded Cheddar Cheese, 1/2oz                  Slider Bun, 1ea                  No HFC Ketchup                  Steamed Green Beans, 1/4c                  Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>VEG:</b> Vegetarian Sausage Slider</p>	<p><b>Tuesday, August 17, 2021</b>  <b>GF Chicken Tender Strips, 3ea</b>                  No HFC Ketchup                  Whole Grain Brown Rice, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Fresh Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  All Natural Applesauce/Carrot Coins</p> <p><b>VEG:</b> Vegan Refried Beans/Cheese (side)</p>	<p><b>Wednesday, August 18, 2021</b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                  Savory Mashed Potatoes, 1/4c                  Wheat Dinner Roll, 1ea                  Fresh Cantaloupe, 1sl  <u><b>TODS &amp; TWOS</b></u>                  Diced Cantaloupe</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>	<p><b>Thursday, August 19, 2021</b>  <b>WG Spaghetti w/ Beef &amp; Lentils</b>                  Marinara, 1/2c                  Parmesan Cheese, 1/2oz                  Baby Spinach &amp; Ranch, 1/4c                  Fresh Banana, 1/2ea  <u><b>TODS &amp; TWOS</b></u>                  Sweet Peas</p> <p><b>VEG:</b> WG Spaghetti Marinara/Parmesan</p>	<p><b>Friday, August 20, 2021</b>  <b>NAE Boneless Chicken Wing Dings, 3ea</b>                  No HFC Ketchup/Wheat Dinner Roll, 1ea                  Peas/Carrots/Green Beans/                  Corn/Lima Beans, 1/4c                  Fresh Orange Wedges, 2ea  <u><b>TODS &amp; TWOS</b></u>                  Mandarin Oranges                  Peas, Carrots, Green Beans  <b>VEG:</b> Morningstar Veggie Nuggets</p>
<p><b>Monday, August 23, 2021</b>  <b>Oven Baked Chicken Patty, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Tender Peas, 1/4c                  All Natural Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b>Tuesday, August 24, 2021</b>  <b>Macaroni &amp; Cheese w/ WG, 1/2c</b>                  100% Whole Grain Bread, 1/2sl                  Fresh Carrots &amp; Broccoli, 1/4c                  Creamy Ranch Dip                  Fresh Banana, 1/2ea  <u><b>TODS &amp; TWOS</b></u>                  Peas, Carrots, Green Beans</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>	<p><b>Wednesday, August 25, 2021</b>  <b>Mexican Beef Nacho Fiesta, 1/4 c</b>                  Shredded Cheddar Cheese, 1/2 oz                  GF Corn Tortilla Chips, 1/4 c                  Sweet Yellow Corn, 1/4 c                  Fresh Honey Dew Melon, 1 sl  <u><b>TODS &amp; TWOS</b></u>                  Wheat Dinner Roll/ Carrot Coins                  Diced Honey Dew</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta</p>	<p><b>Thursday, August 26, 2021</b>  <b>Italian Beef Meatball Sub, 3ea</b>                  Sub Roll, 1/2ea                  Shredded Mozzarella Cheese, 1/2oz                  Tossed Salad w/Mixed Greens, 1/4c                  Creamy Ranch Dressing                  Fresh Gala Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  All Natural Applesauce</p> <p><b>VEG:</b> Italian Veggie Meatball Sub</p>	<p><b>Friday, August 27, 2021</b>  <b>Breakfast for Lunch!</b>                  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><b>TODS &amp; TWOS</b></u>                  Mandarin Oranges / Carrot Coins  <b>VEG:</b> Morningstar Veggie Sausage</p>
<p><b>Monday, August 30, 2021</b>  <b>Roasted Teriyaki Chicken Strips, 3ea</b>                  Whole Grain Brown Rice, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Mixed Peaches &amp; Pears in Juice, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  Carrot Coins</p> <p><b>VEG:</b> Egg Rolls</p>	<p><b>Tuesday, August 31, 2021</b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Yellow Corn, 1/4c                  Fresh Red Delicious Apple, 3/8c  <u><b>TODS &amp; TWOS</b></u>                  Steamed Green Beans/Applesauce</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>		<p><b>**NAE**</b>  <b>Never Antibiotics Ever</b></p> <p><b>**NO HFC**</b>  <b>Ketchup, Syrup, Breads</b></p>	

6oz. Milk required w/ each meal, 3-5 yrs (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)

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