

Fairfax Food Service

September 2021

Tyson's- Springhill LK Lunch Menu

|  |  |  |  |  |
|--|--|--|--|--|
| <p><b>**NAE**</b><br/><b>Never Antibiotics Ever</b></p> <p><b>**NO HFC**</b><br/><b>Ketchup, Syrup, Breads</b></p>   |  | <p><b>Wednesday, September 1, 2021</b><br/><b>Corn Dog Nuggets, 4ea</b><br/>No HFC Ketchup<br/>Tossed Salad w/Mixed Greens, 1/4c<br/>Creamy Ranch Dressing<br/>Fresh Orange Wedges, 2ea<br/><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Sweet Peas</p> <p><b>VEG:</b> Morningstar Veggie Nuggets</p>   | <p><b>Thursday, September 2, 2021</b><br/><b>NAE Chicken Fajitas, 1/3c</b><br/>Shredded Cheddar Cheese, 1/2oz<br/>Whole Wheat 6" Tortilla, 1ea<br/>Steamed Green Beans, 1/4c<br/>Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Chickenless Fajita Strips</p>  | <p><b>Friday, September 3, 2021</b><br/><b>Cheese Pizza, 1sl</b><br/>Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c<br/>Fresh Cantaloupe, 1sl<br/><b>TODS &amp; TWOS</b><br/>Peas, Carrots, Green Beans<br/>Diced Cantaloupe</p> <p><b>VEG:</b> Cheese Pizza</p>  |
| <p><b>Monday, September 6, 2021</b></p> <p><small>Beef Meatballs &amp; Gravy, 1ea<br/>Whole Grain Brown Rice, 1/4c<br/>Fresh Baby Carrots w/ Ranch, 1/4c<br/>Pineapple Tidbits, 3/8c<br/>Sweet Tender Peas/Peaches in Juice</small></p> <p><b>LABOR DAY HOLIDAY</b></p> <p><small>VEG: Vegetarian Meatballs in Veg Gravy</small></p> | <p><b>Tuesday, September 7, 2021</b><br/><b>Beef Meatballs &amp; Gravy, 3ea</b><br/>Whole Grain Brown Rice, 1/4c<br/>Fresh Baby Carrots w/ Ranch, 1/4c<br/>Pineapple Tidbits, 3/8c<br/><b>TODS &amp; TWOS</b><br/>Sweet Tender Peas/Peaches in Juice</p> <p><b>VEG:</b> Vegetarian Meatball in Veg Gravy</p>                             | <p><b>Wednesday, September 8, 2021</b><br/><b>NAE WG Chicken Nuggets, 4ea</b><br/>No HFC Ketchup<br/>Caesar Salad w/Romaine, Dressing, 1/4c<br/>Parmesan Cheese, 1/4oz<br/>Fresh Orange Wedges, 2ea<br/><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Green Beans</p> <p><b>VEG:</b> Black Beans &amp; WG Rice</p>                                       | <p><b>Thursday, September 9, 2021</b><br/><b>Cheeseburger Meatloaf, 1ea</b><br/>Wheat Dinner Roll, 1ea<br/>Sweet Yellow Corn, 1/4c<br/>Fresh Golden Delicious Apple, 3/8c<br/><b>TODS &amp; TWOS</b><br/>All Natural Applesauce/Carrot Coins</p> <p><b>VEG:</b> Vegan Black Bean Chili</p>   | <p><b>Friday, September 10, 2021</b><br/><b>Asiago Chicken Pasta w/ Spinach, 1/2c</b><br/>WG Pasta, Diced Tomato, Spinach<br/>Cheese Sauce<br/>Sweet Tender Peas, 1/4c<br/>Fresh Honey Dew Melon, 1sl<br/><b>TODS &amp; TWOS</b><br/>Diced Honey Dew</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>  |
| <p><b>Monday, September 13, 2021</b><br/><b>Chicken Slider on Bun, 1ea</b><br/>Fancy Shredded Cheddar Cheese, 1/2oz<br/>Slider Bun, 1ea<br/>No HFC Ketchup<br/>Steamed Green Beans, 1/4c<br/>Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>VEG:</b> Vegetarian Sausage Slider</p>   | <p><b>Tuesday, September 14, 2021</b><br/><b>GF Chicken Tender Strips, 3ea</b><br/>No HFC Ketchup<br/>Whole Grain Brown Rice, 1/4c<br/>Fresh Baby Carrots w/ Ranch, 1/4c<br/>Fresh Red Delicious Apple, 3/8c<br/><b>TODS &amp; TWOS</b><br/>All Natural Applesauce/Carrot Coins</p> <p><b>VEG:</b> Vegan Refried Beans/Cheese (side)</p> | <p><b>Wednesday, September 15, 2021</b><br/><b>Salisbury Steak &amp; Gravy, 1ea</b><br/>Savory Mashed Potatoes, 1/4c<br/>Wheat Dinner Roll, 1ea<br/>Fresh Cantaloupe, 1sl<br/><b>TODS &amp; TWOS</b><br/>Diced Cantaloupe</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>  | <p><b>Thursday, September 16, 2021</b><br/><b>WG Spaghetti w/ Beef &amp; Lentils</b><br/>Marinara, 1/2c<br/>Parmesan Cheese, 1/2oz<br/>Baby Spinach &amp; Ranch, 1/4c<br/>Fresh Banana, 1/2ea<br/><b>TODS &amp; TWOS</b><br/>Sweet Peas</p> <p><b>VEG:</b> WG Spaghetti Marinara/Parmesan</p>  | <p><b>Friday, September 17, 2021</b><br/><b>NAE Boneless Chicken Wing Dings, 3ea</b><br/>No HFC Ketchup/Wheat Dinner Roll, 1ea<br/>Peas/Carrots/Green Beans/<br/>Corn/Lima Beans, 1/4c<br/>Fresh Orange Wedges, 2ea<br/><b>TODS &amp; TWOS</b><br/>Mandarin Oranges<br/>Peas, Carrots, Green Beans<br/><b>VEG:</b> Morningstar Veggie Nuggets</p>                  |
| <p><b>Monday, September 20, 2021</b><br/><b>Oven Baked Chicken Patty, 1ea</b><br/>Wheat Hamburger Bun, 1ea<br/>No HFC Ketchup<br/>Sweet Tender Peas, 1/4c<br/>All Natural Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>  | <p><b>Tuesday, September 21, 2021</b><br/><b>Macaroni &amp; Cheese w/ WG, 1/2c</b><br/>100% Whole Grain Bread, 1/2sl<br/>Fresh Carrots &amp; Broccoli, 1/4c<br/>Creamy Ranch Dip<br/>Fresh Banana, 1/2ea<br/><b>TODS &amp; TWOS</b><br/>Peas, Carrots, Green Beans</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>                    | <p><b>Wednesday, September 22, 2021</b><br/><b>Mexican Beef Nacho Fiesta, 1/4 c</b><br/>Shredded Cheddar Cheese, 1/2 oz<br/>GF Corn Tortilla Chips, 1/4 c<br/>Sweet Yellow Corn, 1/4 c<br/>Fresh Honey Dew Melon, 1 sl<br/><b>TODS &amp; TWOS</b><br/>Wheat Dinner Roll/ Carrot Coins<br/>Diced Honey Dew</p> <p><b>VEG:</b> Vegetarian Nacho Fiesta</p> | <p><b>Thursday, September 23, 2021</b><br/><b>Italian Beef Meatball Sub, 3ea</b><br/>Sub Roll, 1/2ea<br/>Shredded Mozzarella Cheese, 1/2oz<br/>Tossed Salad w/Mixed Greens, 1/4c<br/>Creamy Ranch Dressing<br/>Fresh Gala Apple, 3/8c<br/><b>TODS &amp; TWOS</b><br/>All Natural Applesauce</p> <p><b>VEG:</b> Italian Veggie Meatball Sub</p> | <p><b>Friday, September 24, 2021</b><br/><b>Breakfast for Lunch!</b><br/>WG Buttermilk Pancake w/Syrup, 1ea<br/>Danimals Vanilla Yogurt (veg), 1ea<br/>GF Chicken Sausage Patty, 1ea<br/>Fresh Baby Carrots w/Dip, 1/4c<br/>Fresh Orange Wedges, 2ea<br/><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Carrot Coins<br/><b>VEG:</b> Morningstar Veggie Sausage</p> |
| <p><b>Monday, September 27, 2021</b><br/><b>Roasted Teriyaki Chicken Strips, 3ea</b><br/>Whole Grain Brown Rice, 1/4c<br/>Fresh Baby Carrots w/ Ranch, 1/4c<br/>Mixed Peaches &amp; Pears in Juice, 3/8c<br/><b>TODS &amp; TWOS</b><br/>Carrot Coins</p> <p><b>VEG:</b> Egg Rolls</p>  | <p><b>Tuesday, September 28, 2021</b><br/><b>Lean Beef Hamburger on Bun, 1ea</b><br/>Wheat Hamburger Bun, 1ea<br/>No HFC Ketchup<br/>Sweet Yellow Corn, 1/4c<br/>Fresh Red Delicious Apple, 3/8c<br/><b>TODS &amp; TWOS</b><br/>Steamed Green Beans/Applesauce</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>              | <p><b>Wednesday, September 29, 2021</b><br/><b>Corn Dog Nuggets, 4ea</b><br/>No HFC Ketchup<br/>Tossed Salad w/Mixed Greens, 1/4c<br/>Creamy Ranch Dressing<br/>Fresh Orange Wedges, 2ea<br/><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Sweet Peas</p> <p><b>VEG:</b> Morningstar Veggie Nuggets</p>  | <p><b>Thursday, September 30, 2021</b><br/><b>NAE Chicken Fajitas, 1/3c</b><br/>Shredded Cheddar Cheese, 1/2oz<br/>Whole Wheat 6" Tortilla, 1ea<br/>Steamed Green Beans, 1/4c<br/>Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Chickenless Fajita Strips</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)

[Click link to see NEW Nutrislice Menus](#)

<https://tysonscornerchildrenscenter.nutrislice.com/>