

Fairfax Food Service

June 2022

Tyson's - McLean LK Lunch Menu

		<p>Wednesday, June 1, 2022 Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Fresh Honey Dew Melon, 1sl TODS & TWOS Wheat Dinner Roll/Carrot Coins Diced Honey Dew VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, June 2, 2022 Corn Dog Nuggets, 4ea No HFC Ketchup Steamed Green Beans, 1/4c Fresh Golden Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce VEG: Black Beans & WG Rice</p>	<p>Friday, June 3, 2022 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>
<p>Monday, June 6, 2022 Roasted Teriyaki Chicken Strips, 3ea WG Brown Rice w/Cauliflower, 1/4c Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c TODS & TWOS Carrot Coins VEG: Vegetarian Nacho Fiesta</p>	<p>Tuesday, June 7, 2022 Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Red Delicious Apple, 3/8c TODS & TWOS Steamed Green Beans/Applesauce VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Wednesday, June 8, 2022 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Banana, 1/2ea VEG: Chickenless Fajita Strips</p>	<p>Thursday, June 9, 2022 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges/Carrot Coins VEG: Vegan Black Bean Chili</p>	<p>Friday, June 10, 2022 Cheese Pizza, 1sl Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Cantaloupe, 1sl TODS & TWOS Peas, Carrots, Green Beans Diced Cantaloupe VEG: Cheese Pizza</p>
<p>Monday, June 13, 2022 Beef Meatballs & Gravy, 3ea WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas / Peaches in Juice VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p>Tuesday, June 14, 2022 Pizza Pasta Bake, 1/2c WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, June 15, 2022 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 VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, June 16, 2022 Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Fresh Gala Apple, 3/8c TODS & TWOS All Natural Applesauce VEG: Italian Veggie Meatball Sub</p>	<p>Friday, June 17, 2022 WG Breaded Pollock Alaska Nuggets, 3ea Ketchup WG Brown Cheesy Rice w/ Cauliflower, 1/4c Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Honey Dew Melon, 1sl TODS & TWOS Diced Honey Dew/Carrot Coins VEG: WG Brown Cheesy Rice w/Cauliflower</p>
<p>Monday, June 20, 2022 ----- ----- ----- ----- Juneteenth Holiday -----</p>	<p>Tuesday, June 21, 2022 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Wednesday, June 22, 2022 GF Chicken Tender Strips, 3ea No HFC Ketchup WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Cantaloupe, 1sl TODS & TWOS Diced Cantaloupe/Carrot Coins VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Thursday, June 23, 2022 WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea TODS & TWOS Sweet Peas VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, June 24, 2022 NAE Boneless Chicken Wing Dings, 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges Peas, Carrots, Green Beans VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, June 27, 2022 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Tuesday, June 28, 2022 Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Banana, 1/2ea TODS & TWOS Peas, Carrots, Green Beans VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, June 29, 2022 PIZZA DAY!!! ----- ----- ----- ----- Sweet Yellow Corn, 1/4c Fresh Honey Dew Melon, 1sl TODS & TWOS -----Carrot Coins Diced Honey Dew VEG: Cheese Pizza -----</p>	<p>Thursday, June 30, 2022 Corn Dog Nuggets, 4ea No HFC Ketchup Steamed Green Beans, 1/4c Fresh Golden Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce VEG: Black Beans & WG Rice</p>	<p>**NAE** Never Antibiotics Ever **NO HFC** Ketchup, Syrup, Breads</p>

8oz. 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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