

**Fairfax Food Service**

**July 2022**

**Tyson's - McLean 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>Friday, July 1, 2022</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</p> <p><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Carrot Coins<br/>VEG: Morningstar Veggie Sausage</p>             |
| <p><b>Monday, July 4, 2022</b></p> <p><b>July 4, Holiday</b></p>   | <p><b>Tuesday, July 5, 2022</b><br/>Roasted Teriyaki Chicken Strips, 3ea<br/>Plain WG Brown Rice w/Cauliflower, 1/4c<br/>Tossed Salad w/Mixed Greens, 1/4c<br/>Creamy Ranch Dressing<br/>Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>TODS &amp; TWOS</b><br/>Carrot Coins</p>                             | <p><b>Wednesday, July 6, 2022</b><br/>NAE Chicken Fajitas, 1/3c<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>Thursday, July 7, 2022</b><br/>Cheeseburger Meatloaf, 1ea<br/>Wheat Dinner Roll, 1ea<br/>Sweet Yellow Corn, 1/4c<br/>Fresh Orange Wedges, 2ea</p> <p><b>TODS &amp; TWOS</b><br/>Mandarin Oranges/Carrot Coins</p>   | <p><b>Friday, July 8, 2022</b><br/><b>**Meatless Baked Ziti**</b><br/>WG Pasta, Marinara, 3 Cheese, Soy, 1/2c<br/>Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c<br/>Italian Bread, 1sl<br/>Fresh Cantaloupe, 1sl</p> <p><b>TODS &amp; TWOS</b><br/>Peas, Carrots, Green Beans<br/>Diced Cantaloupe<br/><b>VEG: Baked Ziti</b></p>                                     |
|  | <p><b>VEG: Egg Rolls</b></p>   | <p><b>VEG: Chickenless Fajita Strips</b></p>   | <p><b>VEG: Vegan Black Bean Chili</b></p>   |   |
| <p><b>Monday, July 11, 2022</b><br/>Swedish Beef Meatballs, 3ea<br/>WG Brown Rice w/Cauliflower, 1/4c<br/>Fresh Baby Carrots w/ Ranch, 1/4c<br/>Pineapple Tidbits, 3/8c</p> <p><b>TODS &amp; TWOS</b><br/>Sweet Peas / Peaches in Juice</p> <p><b>VEG: Vegetarian Meatballs w/ Veg Gravy</b></p> | <p><b>Tuesday, July 12, 2022</b><br/>Pizza Pasta Bake, 1/2c<br/>WG Pasta/Marinara/Beef Crumbles<br/>Chicken&amp;Beef Pepperoni/Tomato Sauce<br/>Shredded Mozzarella Cheese, 1/2oz<br/>Steamed Green Beans, 1/4c<br/>Fresh Banana, 1/2ea</p> <p><b>VEG: Vegetarian Pizza Pasta Bake</b></p>                       | <p><b>Wednesday, July 13, 2022</b><br/>NAE WG Chicken Nuggets, 4ea<br/>No HFC Ketchup<br/>Caesar Salad w/Romaine, Dressing, 1/4c<br/>Parmesan Cheese, 1/4oz<br/>Fresh Orange Wedges, 2ea</p> <p><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Green Beans</p> <p><b>VEG: Morningstar Veggie Nuggets</b></p>                  | <p><b>Thursday, July 14, 2022</b><br/>Italian Beef Meatball Sub, 3ea<br/>Sub Roll, 1/2ea<br/>Shredded Mozzarella Cheese, 1/2oz<br/>Sweet Tender Peas, 1/4c<br/>Fresh Gala Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b><br/>All Natural Applesauce</p> <p><b>VEG: Italian Veggie Meatball Sub</b></p> | <p><b>Friday, July 15, 2022</b><br/>WG Breaded Pollock Alaska Nuggets, 3ea<br/>Ketchup<br/>Cheesy WG Brown Rice w/ Cauliflower, 1/4c<br/>Tossed Salad w/Mixed Greens, 1/4c<br/>Creamy Ranch Dressing<br/>Fresh Honey Dew Melon, 1sl</p> <p><b>TODS &amp; TWOS</b><br/>Diced Honey Dew/Carrot Coins<br/><b>VEG: Black Beans &amp; WG Cheesy Rice w/Cauliflower</b></p> |
| <p><b>Monday, July 18, 2022</b><br/>Chicken Slider on Bun, 1ea<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: Vegetarian Sausage Slider</b></p>                       | <p><b>Tuesday, July 19, 2022</b><br/>Salisbury Steak &amp; Gravy, 1ea<br/>Savory Mashed Potatoes, 1/4c<br/>Wheat Dinner Roll, 1ea<br/>Fresh Red Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b><br/>All Natural Applesauce</p> <p><b>VEG: Veg Sausage Crumbles w/Veg Gravy</b></p>                           | <p><b>Wednesday, July 20, 2022</b><br/>GF Chicken Tender Strips, 3ea<br/>No HFC Ketchup<br/>Plain WG Brown Rice w/Cauliflower, 1/4c<br/>Fresh Baby Carrots w/ Ranch, 1/4c<br/>Fresh Cantaloupe, 1sl</p> <p><b>TODS &amp; TWOS</b><br/>Diced Cantaloupe/Carrot Coins</p> <p><b>VEG: Vegan Refried Beans/Cheese (side)</b></p> | <p><b>Thursday, July 21, 2022</b><br/>WG Spaghetti w/ Beef &amp; Lentils<br/>Marinara, 1/2c<br/>Parmesan Cheese, 1/2oz<br/>Baby Spinach &amp; Ranch, 1/4c<br/>Fresh Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b><br/>Sweet Peas</p> <p><b>VEG: WG Spaghetti Marinara/Parmesan</b></p>              | <p><b>Friday, July 22, 2022</b><br/>NAE Boneless Chicken Wing Dings, 3ea<br/>No HFC Ketchup/Wheat Dinner Roll, 1ea<br/>Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c</p> <p><b>Fresh Seedless Watermelon, 1 sl</b></p> <p><b>TODS &amp; TWOS</b><br/>Mandarin Oranges<br/>Peas, Carrots, Green Beans</p> <p><b>VEG: Morningstar Veggie Nuggets, 5ea</b></p>           |
| <p><b>Monday, July 25, 2022</b><br/>Oven Baked Chicken Patty, 1ea<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: Veg Slider w/ Shred Cheese/Slider Bun</b></p>  | <p><b>Tuesday, July 26, 2022</b><br/>Macaroni &amp; Cheese w/ WG, 1/2c<br/>100% Whole Grain Bread, 1/2sl<br/>Tossed Salad w/Mixed Greens, 1/4c<br/>Creamy Ranch Dressing<br/>Fresh Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b><br/>Peas, Carrots, Green Beans</p> <p><b>VEG: Macaroni &amp; Cheese w/ WG</b></p> | <p><b>Wednesday, July 27, 2022</b><br/><b>PIZZA DAY</b><br/>Cheese Pizza, 1sl<br/>Sweet Yellow Corn, 1/4c<br/>Fresh Honey Dew Melon, 1sl</p> <p><b>TODS &amp; TWOS</b><br/>Carrot Coins<br/>Diced Honey Dew</p> <p><b>VEG: Cheese Pizza</b></p>  | <p><b>Thursday, July 28, 2022</b><br/>Corn Dog Nuggets, 4ea<br/>No HFC Ketchup<br/>Steamed Green Beans, 1/4c<br/>Fresh Golden Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b><br/>All Natural Applesauce</p> <p><b>VEG: Black Beans &amp; WG Rice</b></p>                                     | <p><b>Friday, July 29, 2022</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</p> <p><b>TODS &amp; TWOS</b><br/>Mandarin Oranges / Carrot Coins<br/>VEG: Morningstar Veggie Sausage</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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