

Fairfax Food Service

December 2022

Tyson's - Springhill LK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**NO HFC** Ketchup, Syrup, Breads</p>			<p>Thursday, December 1, 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</p> <p><u>TODS & TWOS</u> All Natural Applesauce, 3/8 c</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p>Friday, December 2, 2022 Fish Patty on Bun, 1 ea. Wheat Hamburger Bun, 1ea No HFC Ketchup Tossed Salad w/Mixed Greens,1/4c Creamy Ranch Dressing Peaches in Juice, 3/8c</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Black Beans & WG Brown Rice w/Cauliflower</p>
<p>Monday, December 5, 2022 NAE 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</p> <p>VEG: Vegetarian Sausage Slider, 1 ea.</p>	<p>Tuesday, December 6, 2022 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Wednesday, December 7, 2022 NAE GF Chicken Tender Strips, 3 ea No HFC Ketchup Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mandarin Oranges, 3/8 c</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Thursday, December 8, 2022 WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch,1/4c Fresh Banana, 1/2ea</p> <p><u>TODS & TWOS</u> Sweet Peas, 3/8 c</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, December 9, 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</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, December 12, 2022 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Tuesday, December 13, 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</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, December 14, 2022 Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Chilled Diced Pears, 3/8 c</p> <p><u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, December 15, 2022 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Fresh Golden Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> All Natural Applesauce, 3/8 c</p> <p>VEG: Black Beans 1/2 c & WG Rice, 1/4c</p>	<p>Friday, December 16, 2022 Breakfast for Lunch!! Pancake Wrap Chicken Sausage, 5ea Syrup /Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.</p>
<p>Monday, December 19, 2022 Roasted Teriyaki Chicken Strips, 3ea Plain WG Brown Rice w/Cauliflower, 1/4c Tossed Salad w/Mixed Greens,1/4c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Tuesday, December 20, 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</p> <p><u>TODS & TWOS</u> Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Wednesday, December 21, 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</p> <p>VEG: Chickenless Fajita Strips</p>	<p>Thursday, December 22, 2022 Corn Dog Nuggets, 5 ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Orange Wedges, 2ea</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Friday, December 23, 2022 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Chilled Diced Pears, 3/8 c</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, December 26, 2022 ----- ----- ----- HAPPY HOLIDAY!!! ----- ----- -----</p>	<p>Tuesday, December 27, 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</p> <p>VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, December 28, 2022 NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea</p> <p><u>TODS & TWOS</u> Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Thursday, December 29, 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</p> <p><u>TODS & TWOS</u> All Natural Applesauce, 3/8 c</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p>Friday, December 30, 2022 Cheese Pizza, 1sl Tossed Salad w/Mixed Greens,1/4c Creamy Ranch Dressing Peaches in Juice, 3/8c</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Cheese Pizza, 1sl</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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