

Fairfax Food Service

January 2023

Tyson's - McLean LK Lunch Menu

<p>Monday, January 2, 2023</p> <p>----- ----- ----- ----- -----</p> <p>HAPPY NEW YEAR!!!</p>	<p>Tuesday, January 3, 2023</p> <p>Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 3/8c</p> <p>TODS & TWOS</p> <p>All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Wednesday, January 4, 2023</p> <p>NAE GF Chicken Tender Strips, 3 ea Ketchup Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mandarin Oranges, 3/8 c</p> <p>TODS & TWOS</p> <p>Carrot Coins, 1/4c</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Thursday, January 5, 2023</p> <p>WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea</p> <p>TODS & TWOS</p> <p>Sweet Peas, 3/8 c</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, January 6, 2023</p> <p>NAE Boneless Chicken Wing Dings, 3ea Wheat Dinner Roll, 1ea Ketchup Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS</p> <p>Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, January 9, 2023</p> <p>Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Tuesday, January 10, 2023</p> <p>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>TODS & TWOS</p> <p>Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, January 11, 2023</p> <p>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>TODS & TWOS</p> <p>Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, January 12, 2023</p> <p>Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Fresh Golden Delicious Apple, 3/8c</p> <p>TODS & TWOS</p> <p>All Natural Applesauce, 3/8 c</p> <p>VEG: Black Beans 1/2 c & WG Rice, 1/4c</p>	<p>Friday, January 13, 2023</p> <p>Cheese Pizza, 1sl Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS</p> <p>Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Cheese Pizza, 1sl</p>
<p>Monday, January 16, 2023</p> <p>----- ----- ----- ----- -----</p> <p>MARTIN LUTHER KING, JR BIRTHDAY!!!</p>	<p>Tuesday, January 17, 2023</p> <p>Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Fresh Red Delicious Apple, 3/8c</p> <p>TODS & TWOS</p> <p>Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Wednesday, January 18, 2023</p> <p>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, January 19, 2023</p> <p>Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS</p> <p>Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Friday, January 20, 2023</p> <p>**Meatless Baked Ziti**</p> <p>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>TODS & TWOS</p> <p>Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, January 23, 2023</p> <p>Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS</p> <p>Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p>Tuesday, January 24, 2023</p> <p>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, January 25, 2023</p> <p>NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea</p> <p>TODS & TWOS</p> <p>Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p>Thursday, January 26, 2023</p> <p>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>TODS & TWOS</p> <p>All Natural Applesauce, 3/8 c</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p>Friday, January 27, 2023</p> <p>Cheese Pizza, 1sl Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Peaches in Juice, 3/8c</p> <p>TODS & TWOS</p> <p>Carrot Coins, 1/4c</p> <p>VEG: Cheese Pizza, 1sl</p>
<p>Monday, January 30, 2023</p> <p>NAE Chicken Slider on Bun, 1ea Fancy Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c</p>	<p>Tuesday, January 31, 2023</p> <p>Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 3/8c</p> <p>TODS & TWOS</p> <p>All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>**NAE**</p> <p>Never Antibiotics Ever</p> <p>**NO HFC**</p> <p>Syrup, Breads</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>

Portions meet CACFP requirements:
3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit).
6-12 years - 8oz milk required w/each meal, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit (we serve 1/2c veg, 1/2 c fruit)

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