

Fairfax Food Service		May 2023		Tysons - Springhill LK Lunch Menu	
<u>Monday, May 1, 2023</u> Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Veg Slider w/ Shred Cheese/Slider Bun	<u>Tuesday, May 2, 2023</u> Macaroni & Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Macaroni & Cheese w/ WG	<u>Wednesday, May 3, 2023</u> 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 <u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta	<u>Thursday, May 4, 2023</u> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 c VEG: Black Beans 1/2 c & WG Rice, 1/3 c	<u>Friday, May 5, 2023</u> <u>Breakfast for Lunch!!</u> Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.	
<u>Monday, May 8, 2023</u> Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3 c Tossed Salad w/Mixed Greens, 1/2c Ranch Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta	<u>Tuesday, May 9, 2023</u> Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c VEG: Veg Slider w/ Shred Cheese/Slider Bun	<u>Wednesday, May 10, 2023</u> NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips	<u>Thursday, May 11, 2023</u> Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5	<u>Friday, May 12, 2023</u> <u>**Meatless Baked Ziti**</u> 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 <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c	
<u>Monday, May 15, 2023</u> Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegetarian Meatballs w/ Veg Gravy	<u>Tuesday, May 16, 2023</u> 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 Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake	<u>Wednesday, May 17, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, 1/2c Caesar Dressing Parmesan Cheese, 1/4oz Steamed Green Beans, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5	<u>Thursday, May 18, 2023</u> Italian Beef Meatball Sub,3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Gala Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 c VEG: Italian Veggie Meatball Sub	<u>Friday, May 19, 2023</u> <u>Cheese Pizza, 1sl</u> Tossed Salad w/Mixed Greens, 1/2c Ranch Peaches in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl	
<u>Monday, May 22, 2023</u> 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 VEG: Vegetarian Sausage Slider, 1 ea.	<u>Tuesday, May 23, 2023</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce, 3/8 c VEG: Veg Sausage Crumbles w/Veg Gravy	<u>Wednesday, May 24, 2023</u> NAE GF Chicken Tender Strips, 3 ea Ketchup Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Mandarin Oranges, 3/8 c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Vegan Refried Beans/Cheese (side)	<u>Thursday, May 25, 2023</u> WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach, 1/2c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas, 3/8 c VEG: WG Spaghetti Marinara/Parmesan	<u>Friday, May 26, 2023</u> _____ _____ _____ _____ _____ School Closed _____ _____ _____	
<u>Monday, May 29, 2023</u> MEMORIAL DAY!!!	<u>Tuesday, May 30, 2023</u> Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c VEG: Veg Slider w/ Shred Cheese/Slider Bun	<u>Wednesday, May 31, 2023</u> 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 <u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta	<u>**NAE**</u> <u>Never Antibiotics Ever</u> <u>**GF**</u> <u>Gluten Free may contain egg & or milk</u> <u>**WG**</u> <u>Whole Grain</u>		
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)					
Click link to see NEW Nutrislice Menus			https://tysonscornerchildrenscenter.nutrislice.com/		