Fairfax Food Service

Tysons - McLean LK Lunch Menu

Plain WG Brown Rice w/Cauliflower, 1/3c WG Tossed Salad w/Mixed Greens, 1/2c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c Mixed Peaches & Pears in Juice, 3/8c IODS & TWOS Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c	Tuesday, June 6, 2023 an Beef Hamburger on Bun, 1ea White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c TODS & TWOS Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c : Veg Silder w/ Shred Cheese/Silder Bun Tuesday, June 13, 2023 Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles sicken&Beef Pepperoni/Tomato Sauce) redded Mozzarella Cheese, 1/2oz	Wednesday, June 7, 2023 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 Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, 1/2c	Thursday, June 1, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce, 3/8 c VEG: Black Beans 1/2 c & WG Rice, 1/3c Thursday, June 8, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea TODS & TWOS Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 Thursday, June 15, 2023 Italian Beef Meatball Sub,3ea Sub Roll, 1/2ea	Friday, June 2, 2023 Breakfast for Lunch!! Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt, 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>Friday, June 9, 2023</u> **Meatless Baked Ziti* WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u> Fish Patty on Bun, 1 ea.
Never Antibiotics Ever **GF** Gluten Free may contain egg & or milk **WG** Whole Grain Whole Grain VEG: Veg Slider w/ Shred Cheese/Slider Bun Monday, June 5, 2023 Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice WCauliflower, 1/3c Lee Plain WG Brown Rice w/Cauliflower, 1/3c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c Mixed Peaches & Pears in Juice, 3/8c Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c Sh	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	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, 1/3c <u>Thursday, June 8, 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 (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt, 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>Friday, June 9, 2023</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
GF Gluten Free may contain egg & or milk **WG** Whole Grain VEG: Veg Slider w/ Shred Cheese/Slider Bun Monday, June 5, 2023 Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3c Tossed Salad w/Mixed Greens, 1/3c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG: Vegetarian Nacho Fiesta Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Shedibh Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	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, 1/3c <u>Thursday, June 8, 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 (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Syrup Danimals Vanilla Yogurt, 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>Friday, June 9, 2023</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
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Whole Grain Image: State of the set of the	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	All Natural Applesauce, 3/8 c VEG: Black Beans 1/2 c & WG Rice, 1/3c Thursday, June 8, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea <u>Friday, June 9, 2023</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Cm/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c <u>VEG: Meatless Baked Ziti, 1/2c</u> <u>Friday, June 16, 2023</u>
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VEG: Veg Slider w/ Shred Cheese/Slider Bun Monday, June 5, 2023 Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3c Tossed Salad w/Mixed Greens, 1/2c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Shedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	All Natural Applesauce, 3/8 c VEG: Black Beans 1/2 c & WG Rice, 1/3c Thursday, June 8, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea. Friday, June 9, 2023 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Pess/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Monday, June 5, 2023 Teriyaki Diced Chicken, 1/3 c Lee Plain WG Brown Rice w/Cauliflower, 1/3c WG Tossed Salad w/Mixed Greens,1/2c WG Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c <i>TODS & TWOS</i> Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing She plineapple Tidbits, 3/8c She	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	VEG: Black Beans 1/2 c & WG Rice, 1/3c Thursday, June 8, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea. Friday, June 9, 2023 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
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Monday, June 5, 2023 Teriyaki Diced Chicken, 1/3 c Lee Plain WG Brown Rice w/Cauliflower, 1/3c WG Tossed Salad w/Mixed Greens,1/2c WG Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c <i>IDDS & TWOS</i> Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Shapapple Tidbits, 3/8c Shapapple Tidbits, 3/8c	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Thursday, June 8, 2023 Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Friday, June 9, 2023 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Teriyaki Diced Chicken, 1/3 c Le Plain WG Brown Rice w/Cauliflower, 1/3c WG Tossed Salad w/Mixed Greens, 1/2c WG Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c Mixed Peaches & Pears in Juice, 3/8c Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing St Pineapple Tidbits, 3/8c St	an Beef Hamburger on Bun, 1ea 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6' Tortilla, 1ea Stearned Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	 **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Plain WG Brown Rice w/Cauliflower, 1/3c WG Tossed Salad w/Mixed Greens, 1/2c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c WG TODS & TWOS Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c Sh	 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pastal/Marinara/Beef Crumbles ticken&Beef Pepperoni/Tomato Sauce) 	Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	WG Pasta, Marinara, 3 Cheese, Soy, 1/2c Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Plain WG Brown Rice w/Cauliflower, 1/3c WG Tossed Salad w/Mixed Greens, 1/2c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c TODS & TWOS Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing Sheapple Tidbits, 3/8c Sheapple Tidbits, 3/8c	 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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pastal/Marinara/Beef Crumbles ticken&Beef Pepperoni/Tomato Sauce) 	Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Tossed Salad w/Mixed Greens,1/2c Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Fresh Baby Carrots , 1/4c Ranch Dressing Pineapple Tidbits, 3/8c	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 Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pastal/Marinara/Beel Crumbles icken&Beef Pepperoni/Tomato Sauce)	Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Italian Bread, 1sl Peas/Carrots/Green Beans/Com/Lima Bean, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Ranch Dressing Mixed Peaches & Pears in Juice, 3/8c TODS & TWOS Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta WEG: Vegetarian Nacho Fiesta Wedish Beef Meatballs, 3ea Plain WG Brown Rice w(Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Pineapple Tidbits, 3/8c	Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c TODS & TWOS Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c : Veg Slider w/ Shred Cheese/Slider Bun Tuesday, June 13, 2023 Pizza Pasta Bake, 1/2c (WG Pastal/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Orange Wedges, 4 ea <u>TODS & TWOS</u> Carrot Coins, 1/4c (Com) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Pees/Carrots/Green Beens/Corn/Lima Been, 1/4c Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
Mixed Peaches & Pears in Juice, 3/8c TODS & TWOS Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w(Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Pineapple Tidbits, 3/8c	Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c : Veg Silder w/ Shred Cheese/Silder Bun <u>Tuesday. June 13. 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	Banana, 1/2ea VEG: Chickenless Fajita Strips Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup	TODS & TWOS Carrot Coins, 1/4c (Corn) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 Thursday, June 15, 2023 Italian Beef Meatball Sub,3ea	Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c <u>Friday, June 16, 2023</u>
TODS & TWOS Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Pineapple Tidbits, 3/8c	TODS & TWOS Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c : Veg Slider w/ Shred Cheese/Slider Bun Tuesday, June 13, 2023 Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	VEG: Chickenless Fajita Strips <u>Wednesday, June 14, 2023</u> NAE WG Chicken Nuggets, 4ea Ketchup	Carrot Coins, 1/4c (Com) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	TODS & TWOS Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c Friday, June 16, 2023
Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Pineapple Tidbits, 3/8c	Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c : Veg Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup	Carrot Coins, 1/4c (Com) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c Friday, June 16, 2023
Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Pineapple Tidbits, 3/8c	Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c : Veg Slider w/ Shred Cheese/Slider Bun <u>Tuesdav, June 13, 2023</u> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup	Carrot Coins, 1/4c (Com) Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Peas, Carrots, Green Beans, 1/4c VEG: Meatless Baked Ziti, 1/2c Friday, June 16, 2023
VEG: Vegetarian Nacho Fiesta VEG Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c Pineapple	All Natural Applesauce, 3/8 c : Veg Slider w/ Shred Cheese/Slider Bun Tuesday, June 13, 2023 Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup	Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5 <u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	VEG: Meatless Baked Ziti, 1/2c Friday, June 16, 2023
Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c Pineapple	: Veg Slider w/ Shred Cheese/Slider Bun Tuesday, June 13, 2023 Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup	VEG: Morningstar Veggie Nuggets, 5 Thursday, June 15, 2023 Italian Beef Meatball Sub,3ea	Friday, June 16, 2023
Monday, June 12, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c Sh	Tuesday, June 13, 2023 Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles iicken&Beef Pepperoni/Tomato Sauce)	Wednesday, June 14, 2023 NAE WG Chicken Nuggets, 4ea Ketchup	<u>Thursday, June 15, 2023</u> Italian Beef Meatball Sub,3ea	Friday, June 16, 2023
Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c	Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE WG Chicken Nuggets, 4ea Ketchup	Italian Beef Meatball Sub,3ea	
Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c	Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles icken&Beef Pepperoni/Tomato Sauce)	NAE WG Chicken Nuggets, 4ea Ketchup	Italian Beef Meatball Sub,3ea	
Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots , 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c	(WG Pasta/Marinara/Beef Crumbles iicken&Beef Pepperoni/Tomato Sauce)	Ketchup		
Fresh Baby Carrots , 1/4c Ch Ranch Dressing Sh Pineapple Tidbits, 3/8c	icken&Beef Pepperoni/Tomato Sauce)			Wheat Hamburger Bun, 1ea
Ranch Dressing Sh Pineapple Tidbits, 3/8c		Caesar Salad W/Romaine, 1/20		
Pineapple Tidbits, 3/8c	nredded Mozzarella Cheese, 1/2oz		Shredded Mozzarella Cheese, 1/2oz	Ketchup
	-	Caesar Dressing	Sweet Tender Peas, 1/4c	Tossed Salad w/Mixed Greens,1/4c
TODS & TWOS	Steamed Green Beans, 1/4c	Parmesan Cheese, 1/4oz	Gala Apple, 3/8c	Ranch
TODS & TWOS	Banana, 1/2ea	Orange Wedges, 4 ea		Peaches in Juice, 3/8 c
		TODS & TWOS	TODS & TWOS	
Sweet Peas, 1/4c		Green Beans, 1/4c (Salad)	All Natural Applesauce, 3/8 c	TODS & TWOS
Peaches in Juice, 3/8c		Mandarin Oranges, 3/8 c		Carrot Coins, 1/4c
VEG: Vegetarian Meatballs w/ Veg Gravy V	EG: Vegetarian Pizza Pasta Bake	VEG: Morningstar Veggie Nuggets, 5 ea.	VEG: Italian Veggie Meatball Sub	VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c
Monday, June 19, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	Friday, June 23, 2023
	Salisbury Steak & Gravy, 1ea	NAE GF Chicken Tender Strips, 3 ea	WG Spaghetti w/ Beef & Lentils	NAE Boneless Chicken Wing Dings, 3ea
	Savory Mashed Potatoes, 1/4c	Ketchup	Marinara, 1/2c	Ketchup
and an	Wheat Dinner Roll, 1ea	Plain WG Brown Rice w/Cauliflower, 1/3 c	Parmesan Cheese, 1/2oz	Wheat Dinner Roll, 1ea
			-	Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c
	Red Delicious Apple, 3/8c	Fresh Baby Carrots w/ Ranch, 1/4c	Baby Spinach,1/2c	
		Mandarin Oranges, 3/8 c	Ranch	Orange Wedges, 4 ea
Madema dia mangina			Banana, 1/2ea	
JUNETEENTH DAY!!!		TODS & TWOS	TODS & TWOS	TODS & TWOS
	TODS & TWOS	Carrot Coins, 1/4c	Sweet Peas, 3/8 c	Peas, Carrots, Green Beans, 1/4c
	All Natural Applesauce, 3/8 c			Mandarin Oranges, 3/8 c
VEG: Veg Slider w/ Shred Cheese/Slider Bun VEG:	Veg Sausage Crumbles w/Veg Gravy	VEG: Vegan Refried Beans/Cheese (side)	VEG: WG Spaghetti Marinara/Parmesan	VEG: Morningstar Veggie Nuggets, 5ea
Monday, June 26, 2023	Tuesday, June 27, 2023	Wednesday, June 28, 2023	Thursday, June 29, 2023	Friday, June 30, 2023
	Macaroni & Cheese, 1/2c			
Oven Baked Chicken Patty, 1ea	-	Pizza Day!	Cheeseburger Meatloaf, 1ea	Breakfast for Lunch!!
	100% Whole Grain Bread, 1/2sl	Cheese Pizza, 1sl	Wheat Dinner Roll, 1ea	Pancake Wrap Chicken Sausage, 5ea
	ossed Salad w/Mixed Greens,1/2c	Sweet Yellow Corn, 1/4c	Steamed Green Beans, 1/4c	Syrup
Sweet Tender Peas, 1/4c	Ranch Dressing	Chilled Diced Pears, 3/8 c	Golden Delicious Apple, 3/8c	Danimals Vanilla Yogurt, 1ea
All Natural Applesauce, 3/8c	Banana, 1/2ea			Fresh Baby Carrots, 1/4c
				Ranch
		TODS & TWOS		Orange Wedges, 4 ea
	TODS & TWOS	Carrot Coins, 1/4c (Corn)	TODS & TWOS	TODS & TWOS
Pear	, Carrots, Green Beans, 1/4c (Salad)		All Natural Applesauce, 3/8 c	Carrot Coins, 1/4c
1 643	,			Mandarin Oranges, 3/8 c
				0
				VEG: Buttermilk Pancake, 1ea
VEG: Veg Slider w/ Shred Cheese/Slider Bun	/EG: Macaroni & Cheese w/ WG	VEG: Cheese Pizza, 1sl	VEG: Black Beans 1/2 c & WG Rice, 1/3c	VEG: Morningstar Veggie Sausage, 1 ea.
Portions most CACEP requirements				
Portions meet CACFP requirements:		1/4 c fruit (we serve 1/4 c vegetable 2/9 c fruit)		
3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2				
3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2	meat/meat alternative, 1/2 c vegetable and	d 1/4 c fruit (we serve 1/2c veg, 1/2 c fruit)	tysonscornerchildrenscenter.nutrislice.co	um/