

Fairfax Food Service		June 2023		Tysons - Springhill LK Lunch Menu	
<p><b><u>**NAE**</u></b> <b><u>Never Antibiotics Ever</u></b></p> <p><b><u>**GF**</u></b> <b><u>Gluten Free may contain egg &amp; or milk</u></b></p> <p><b><u>**WG**</u></b> <b><u>Whole Grain</u></b></p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>			<p><b><u>Thursday, June 1, 2023</u></b> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> All Natural Applesauce, 3/8 c</p> <p>VEG: Black Beans 1/2 c &amp; WG Rice, 1/3 c</p>	<p><b><u>Friday, June 2, 2023</u></b> <b><u>Breakfast for Lunch!!</u></b> Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.</p>	
	<p><b><u>Monday, June 5, 2023</u></b> 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 &amp; Pears in Juice, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p><b><u>Tuesday, June 6, 2023</u></b> Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b><u>Wednesday, June 7, 2023</u></b> NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>VEG: Chickenless Fajita Strips</p>	<p><b><u>Thursday, June 8, 2023</u></b> Corn Dog Nuggets, 5 ea Ketchup Sweet Yellow Corn, 1/4c Orange Wedges, 4 ea</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p><b><u>Friday, June 9, 2023</u></b> <b><u>**Meatless Baked Ziti**</u></b> 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><b><u>TODS &amp; TWOS</u></b> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
	<p><b><u>Monday, June 12, 2023</u></b> Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p><b><u>Tuesday, June 13, 2023</u></b> Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles Chicken&amp;Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>VEG: Vegetarian Pizza Pasta Bake</p>	<p><b><u>Wednesday, June 14, 2023</u></b> NAE WG Chicken Nuggets, 4ea Ketchup Caesar Salad w/Romaine, 1/2c Caesar Dressing Parmesan Cheese, 1/4oz Orange Wedges, 4 ea</p> <p><b><u>TODS &amp; TWOS</u></b> Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>	<p><b><u>Thursday, June 15, 2023</u></b> Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Sweet Tender Peas, 1/4c Gala Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> All Natural Applesauce, 3/8 c</p> <p>VEG: Italian Veggie Meatball Sub</p>	<p><b><u>Friday, June 16, 2023</u></b> <b><u>Fish Patty on Bun, 1 ea..</u></b> Wheat Hamburger Bun, 1 ea. Ketchup Tossed Salad w/Mixed Greens, 1/4 c Ranch Peaches in Juice, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c</p> <p>VEG: Black Beans 1/2 c &amp; WG Rice, 1/3 c</p>
	<p><b><u>Monday, June 19, 2023</u></b> — — — — — <b><u>JUNETEENTH DAY!!!</u></b> —</p>	<p><b><u>Tuesday, June 20, 2023</u></b> Salisbury Steak &amp; Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> All Natural Applesauce, 3/8 c</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p><b><u>Wednesday, June 21, 2023</u></b> 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</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p><b><u>Thursday, June 22, 2023</u></b> WG Spaghetti w/ Beef &amp; Lentils Marinara, 1/2c Shredded Mozzarella Cheese, 1/2oz Baby Spinach, 1/2c Ranch Banana, 1/2ea</p> <p><b><u>TODS &amp; TWOS</u></b> Sweet Peas, 3/8 c</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p><b><u>Friday, June 23, 2023</u></b> NAE Boneless Chicken Wing Dings, 3ea Wheat Dinner Roll, 1ea Ketchup Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea</p> <p><b><u>TODS &amp; TWOS</u></b> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea</p>
<p><b><u>Monday, June 26, 2023</u></b> Oven Baked Chicken Patty, 1ea WG White 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><b><u>Tuesday, June 27, 2023</u></b> Macaroni &amp; Cheese, 1/2c 100% Whole Grain Bread, 1/2sl Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2ea</p> <p><b><u>TODS &amp; TWOS</u></b> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni &amp; Cheese w/ WG</p>	<p><b><u>Wednesday, June 28, 2023</u></b> <b><u>Pizza Day!</u></b> <b><u>Cheese Pizza, 1sl</u></b> Sweet Yellow Corn, 1/4c Chilled Diced Pears, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c</p> <p>VEG: Cheese Pizza, 1sl</p>	<p><b><u>Thursday, June 29, 2023</u></b> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b> All Natural Applesauce, 3/8 c</p> <p>VEG: Black Beans 1/2 c &amp; WG Rice, 1/3 c</p>	<p><b><u>Friday, June 30, 2023</u></b> <b><u>Breakfast for Lunch!!</u></b> Pancake Wrap Chicken Sausage, 5ea Syrup Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea</p> <p><b><u>TODS &amp; TWOS</u></b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Buttermilk Pancake, 1ea VEG: Morningstar Veggie Sausage, 1 ea.</p>	
<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)</p>					
<p><a href="#">Click link to see NEW Nutrislice Menus</a></p>			<p><a href="https://tysonscornerchildrenscenter.nutrislice.com/">https://tysonscornerchildrenscenter.nutrislice.com/</a></p>		