Fairfax Food Service		January 2024	2024 Tysons - McLean LK Lunch Menu	
Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024
Monday, January 1, 2024				
	Salisbury Steak & Gravy, 1ea	GF Chicken Tender, 3 ea.	WG Spaghetti w/ Beef, Lentil Marinara, 1/2c	Boneless Chicken Wing Dings, 3ea
	Savory Mashed Potatoes, 1/4c	Ketchup	Shredded Mozzarella, 1/2 oz	Ketchup
	Wheat Dinner Roll, 1ea	Plain WG Brown Rice w/Cauliflower, 1/3c	Whole Wheat Bread, 1/2sl	Wheat Dinner Roll, 1ea
	Red Delicious Apple, 3/8c	Fresh Baby Carrots, 1/4c	Baby Spinach, 1/2 c	Peas/Carrots/Green Beans/Corn/Lima Bean, 1/
		Ranch	Ranch	Orange Wedges, 4 ea.
		Orange Wedges, 4 ea.	Banana, 1/2ea	Crange Weages, Fea.
HAPPY NEW YEAR!!		TODS & TWOS	Danana, 1/26a	TODE & TWOS
HAPPT NEW TEAR!!	T000 0 TW00		T000 0 TW00	TODS & TWOS
	TODS & TWOS	Carrot Coins, 1/4c	TODS & TWOS	Peas, Carrots, Green Beans, 1/4c
	Applesauce, 3/8c	Mandarin Oranges, 3/8 c	Sweet Peas, 1/4 c	Mandarin Oranges, 3/8 c
	VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice , 1/3 c	VEG: Refried Beans,1/2 c / Cheese,1/2 oz (side)	VEG: WG Spaghetti Marinara/Shredded Mozzarella	VEG: Morningstar Veggie Nuggets, 5ea
Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024
Oven Baked Chicken Patty, 1ea	WG Chicken Nuggets, 3 ea.	Beef Nacho Fiesta, 1/4c	**Italian Beef Meatball Sub**, 1/2 ea.	Corn Dog Nuggets, 5 ea.
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WG White Wheat Hamburger Bun, 1ea	Macaroni & Cheese, 1/2c	Shredded Cheddar Cheese, 1/2oz	**Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea.	Ketchup
Ketchup	Ketchup	GF Corn Tortilla Chips, 1/4c	Shredded Mozzarella Cheese, 1/2oz (2 Tbsp)	Tossed Salad w/Mixed Greens,1/2 c
Sweet Tender Peas, 1/4c	Tossed Salad w/Mixed Greens,1/2c	Sweet Yellow Corn, 1/4c	Steamed Green Beans, 1/4c	Ranch
Applesauce, 3/8c	Ranch	Chilled Diced Pears, 3/8 c	Golden Delicious Apple, 3/8c	Orange Wedges, 4 ea.
	Banana, 1/2 ea.	·····		g
	Dallalla, 1/2 ea.	TODO 8 TWO		
	<b></b>	TODS & TWOS	<b></b>	
	TODS & TWOS	Wheat Dinner Roll, 1 ea. (Tortilla Chips)	TODS & TWOS	TODS & TWOS
	Peas, Carrots, Green Beans, 1/4c	Carrot Coins, 1/4c (Corn)	Applesauce, 3/8c	Carrot Coins, 1/4c
				Mandarin Oranges, 3/8 c
VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEG: Macaroni & Cheese, 1/2 c	VEG: Vegetarian Nacho Fiesta	VEG: Italian Veggie Meatball (2 ea.) Sub,1/2	VEG: Morningstar Veggie Nuggets, 5
	Morningstar Veggie Nuggets, 3 ea.	-	33	
Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024
	Lean Beef Hamburger on Bun, 1ea	Chicken Fajitas, 1/3c		Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c
	WG White Wheat Hamburger Bun, 1ea	Shredded Cheddar Cheese, 1/2oz	WG Buttermilk Pancake 1 ea. w/	**WG Pasta, Marinara, 3 Cheese, Soy**
	Ketchup	Whole Wheat 6" Tortilla, 1ea	Chicken Sausage, 1 ea.	
	Sweet Yellow Corn, 1/4c	Steamed Green Beans, 1/4c	Syrup	Wheat Dinner Roll, 1ea
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	Red Delicious Apple, 3/8c	Banana, 1/2ea	Fresh Baby Carrots, 1/4c	Chilled Diced Pears, 3/8 c
Martin Luther King, Jr. Day			Ranch	
			Orange Wedges, 4 ea.	
	TODS & TWOS	TODS & TWOS	TODS & TWOS	TODS & TWOS
	Steamed Green Beans, 1/4c	Wheat Dinner Roll, 1ea	Carrot Coins, 1/4c	Peas, Carrots, Green Beans, 1/4c
	Applesauce, 3/8c	Whoat Billio Poli, Tea	Mandarin Oranges, 3/8 c	reas, caroto, creen beans, nac
	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEC: Chiakanlasa Falita String 1/2 a	_	VEC: Mastless Baked 7iti 1/2s
	Tuesday, January 23, 2024	VEG: Chickenless Fajita Strips, 1/3 c	VEG: Morningstar Veggie Sausage, 1 ea.	VEG: Meatless Baked Ziti, 1/2c
Monday, January 22, 2024		Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024
Swedish Beef Meatballs, 3ea	**Pizza Pasta Bake** 1/2c	WG Chicken Nuggets, 3 ea.	Cheeseburger Meatloaf, 1ea	Pizza Day!
Plain WG Brown Rice w/Cauliflower, 1/3 c	**WG Pasta/Marinara/Beef Crumbles	Macaroni & Cheese, 1/2c	Wheat Dinner Roll, 1ea	Cheese Pizza, 1sl
Fresh Baby Carrots, 1/4c	Chicken & Beef Pepperoni/Tomato Sauce**	Ketchup	Caesar Salad, 1/2 c	Sweet Yellow Corn, 1/4c
Ranch	Shredded Mozzarella Cheese, 1/2oz	Sweet Tender Peas, 1/4c	Caesar Dressing	Peaches in Juice, 3/8 c
Pineapple Tidbits, 3/8c	Whole Wheat Bread, 1/2sl	Orange Wedges, 4 ea.	Parmesan Cheese	
i meappie masie, eree		Crango Weages, Fea.		
	Steamed Green Beans, 1/4c		Gala Apple, 3/8c	
	Banana, 1/2ea			
TODS & TWOS		TODS & TWOS	TODS & TWOS	TODS & TWOS
Sweet Peas, 1/4c		Mandarin Oranges, 3/8 c	Applesauce, 3/8c	Carrot Coins, 1/4c
Peaches in Juice, 3/8c			Steamed Green Beans, 1/4c	
VEG: Vegan Meatballs in Vegan Gravy, 2ea	VEG: Vegetarian Pizza Pasta Bake, 1/2 c	VEG: Macaroni & Cheese, 1/2 c	VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	VEG: Cheese Pizza, 1sl
	_	Morningstar Veggie Nuggets, 3 ea.		
Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Thursday, February 1, 2024	Friday, February 2, 2024
Chicken Slider on Bun, 1ea	Salisbury Steak & Gravy, 1ea	GF Chicken Tender, 3 ea.	WG Spaghetti w/ Beef, Lentil Marinara, 1/2c	Boneless Chicken Wing Dings, 3ea
Shredded Cheddar Cheese, 1/2oz	Savory Mashed Potatoes, 1/4c	Ketchup	Shredded Mozzarella, 1/2 oz	Ketchup
Slider Bun, 1ea	Wheat Dinner Roll, 1ea	Plain WG Brown Rice w/Cauliflower, 1/3c	Whole Wheat Bread, 1/2sl	Wheat Dinner Roll, 1ea
Ketchup	Red Delicious Apple, 3/8c	Fresh Baby Carrots, 1/4c	Baby Spinach, 1/2 c	Peas/Carrots/Green Beans/Corn/Lima Bean, 1/
Steamed Green Beans, 1/4c		Ranch	Ranch	Orange Wedges, 4 ea.
				5.ag5 .100g00, 4 0a.
Mixed Peaches & Pears in Juice, 3/8c		Orange Wedges, 4 ea.	Banana, 1/2ea	
		TODS & TWOS		TODS & TWOS
	TODS & TWOS	Carrot Coins, 1/4c	TODS & TWOS	Peas, Carrots, Green Beans, 1/4c
	Applesauce, 3/8c	Mandarin Oranges, 3/8 c	Sweet Peas, 1/4 c	Mandarin Oranges, 3/8 c
Veg Slider on Run 1 eo. w/ Shrod Channa 1	VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice , 1/3 c	=		=
-	VEG. Veg black beart Chill 1/2 c W/ Cauliflower Rice , 1/3 c	VEG: Refried Beans,1/2 c / Cheese,1/2 oz (side)	VEG: WG Spaghetti Marinara/Shredded Mozzarella	VEG: Morningstar Veggie Nuggets, 5ea
ortions meet CACFP requirements: -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). -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)				**GF** = Gluten Free may contain egg & or milk **WG** = Whole Grain
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