

Fairfax Food Service		January 2024		Tysons - McLean LK Lunch Menu	
<u>Monday, January 1, 2024</u>		<u>Tuesday, January 2, 2024</u>		<u>Wednesday, January 3, 2024</u>	
HAPPY NEW YEAR!!		Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c		GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	
		<u>TODS & TWOS</u> Applesauce, 3/8c		<u>TODS & TWOS</u> Carrot Coins, 1/4c 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)	
<u>Thursday, January 4, 2024</u>		<u>Friday, January 5, 2024</u>			
WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas, 1/4 c		Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea. <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c		VEG: Morningstar Veggie Nuggets, 5ea	
VEG: WG Spaghetti Marinara/Shredded Mozzarella					
<u>Monday, January 8, 2024</u>		<u>Tuesday, January 9, 2024</u>		<u>Wednesday, January 10, 2024</u>	
Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c		WG Chicken Nuggets, 1/4c Macaroni & Cheese, 1/2c Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2 ea. <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c		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. (Tortilla Chips) Carrot Coins, 1/4c (Corn)	
VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz		VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.		VEG: Vegetarian Nacho Fiesta	
<u>Thursday, January 11, 2024</u>		<u>Friday, January 12, 2024</u>			
Italian Beef Meatball Sub, 1/2 ea. **Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea. Shredded Mozzarella Cheese, 1/2oz (2 Tbsp) Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c		Corn Dog Nuggets, 5 ea. Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea. <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c		VEG: Morningstar Veggie Nuggets, 5	
VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2		VEG: Morningstar Veggie Nuggets, 5			
<u>Monday, January 15, 2024</u>		<u>Tuesday, January 16, 2024</u>		<u>Wednesday, January 17, 2024</u>	
Martin Luther King, Jr. Day		Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c		Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea	
		<u>TODS & TWOS</u> Steamed Green Beans, 1/4c Applesauce, 3/8c		<u>TODS & TWOS</u> Wheat Dinner Roll, 1ea	
		VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz		VEG: Chickenless Fajita Strips, 1/3 c	
VEG: Vegetarian Nacho Fiesta				VEG: Morningstar Veggie Sausage, 1 ea.	
<u>Monday, January 22, 2024</u>		<u>Tuesday, January 23, 2024</u>		<u>Thursday, January 25, 2024</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: Vegan Meatballs in Vegan Gravy, 2ea		**Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c		Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	
				VEG: Morningstar Veggie Sausage, 1 ea.	
<u>Monday, January 29, 2024</u>		<u>Tuesday, January 30, 2024</u>		<u>Friday, January 26, 2024</u>	
Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c		Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c		Pizza Day! Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c <u>TODS & TWOS</u> Carrot Coins, 1/4c	
VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz		VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice , 1/3 c		VEG: Cheese Pizza, 1sl	
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Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c		Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c		Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea. <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c	
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