

Fairfax Food Service		January 2024		Tysons - Springhill LK Lunch Menu	
<b>Monday, January 1, 2024</b>		<b>Tuesday, January 2, 2024</b>		<b>Wednesday, January 3, 2024</b>	
		Salsbury 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.	
<b>HAPPY NEW YEAR!!</b>		<b>TODS &amp; TWOS</b> Applesauce, 3/8c		<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	
VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice , 1/3 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)	
<b>Monday, January 8, 2024</b>		<b>Tuesday, January 9, 2024</b>		<b>Wednesday, January 10, 2024</b>	
Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c		WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2 ea.		Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Chilled Diced Pears, 3/8 c	
		<b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c		<b>TODS &amp; TWOS</b> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c	
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	
<b>Monday, January 15, 2024</b>		<b>Tuesday, January 16, 2024</b>		<b>Wednesday, January 17, 2024</b>	
		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	
<b>Martin Luther King, Jr. Day</b>		<b>TODS &amp; TWOS</b> Steamed Green Beans, 1/4c Applesauce, 3/8c		<b>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c	
VEG: Vegetarian Nacho Fiesta		VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz		VEG: Chickenless Fajita Strips, 1/3 c	
<b>Monday, January 22, 2024</b>		<b>Tuesday, January 23, 2024</b>		<b>Wednesday, January 24, 2024</b>	
Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c		**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		WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.	
<b>TODS &amp; TWOS</b> Sweet Peas, 1/4c Peaches in Juice, 3/8c				<b>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c	
VEG: Vegan Meatballs in Vegan Gravy, 2ea		VEG: Vegetarian Pizza Pasta Bake, 1/2 c		VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.	
<b>Monday, January 29, 2024</b>		<b>Tuesday, January 30, 2024</b>		<b>Wednesday, January 31, 2024</b>	
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		Salsbury 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.	
		<b>TODS &amp; TWOS</b> Applesauce, 3/8c		<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	
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: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)	
<b>Monday, January 5, 2024</b>		<b>Tuesday, January 6, 2024</b>		<b>Wednesday, January 7, 2024</b>	
		Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea.		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	
<b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c		<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c		<b>TODS &amp; TWOS</b> Sweet Peas, 1/4 c	
VEG: Morningstar Veggie Nuggets, 5ea		VEG: Morningstar Veggie Nuggets, 5ea		VEG: WG Spaghetti Marinara/Shredded Mozzarella	
<b>Monday, January 12, 2024</b>		<b>Tuesday, January 13, 2024</b>		<b>Wednesday, January 14, 2024</b>	
		Corn Dog Nuggets, 5 ea. Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea.		Beef Nacho Fiesta, 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	
<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c		<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c		<b>TODS &amp; TWOS</b> Applesauce, 3/8c	
VEG: Morningstar Veggie Nuggets, 5		VEG: Morningstar Veggie Nuggets, 5		VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2	
<b>Monday, January 19, 2024</b>		<b>Tuesday, January 20, 2024</b>		<b>Wednesday, January 21, 2024</b>	
		**Meatless Baked Ziti** 1/2c **WG Pasta, Marinara, 3 Cheese, Soy** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Chilled Diced Pears, 3/8 c		WG Buttermilk Pancake 1 ea. w/ Chicken Sausage, 1 ea. Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.	
<b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c		<b>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c		<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	
VEG: Meatless Baked Ziti, 1/2c		VEG: Morningstar Veggie Sausage, 1 ea.		VEG: Morningstar Veggie Sausage, 1 ea.	
<b>Monday, January 26, 2024</b>		<b>Tuesday, January 27, 2024</b>		<b>Wednesday, January 28, 2024</b>	
		Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c		Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c	
<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c				<b>TODS &amp; TWOS</b> Applesauce, 3/8c Steamed Green Beans, 1/4c	
VEG: Cheese Pizza, 1sl		VEG: Vegetarian Nacho Fiesta		VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	
<b>Monday, February 2, 2024</b>		<b>Tuesday, February 3, 2024</b>		<b>Wednesday, February 4, 2024</b>	
		Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea.		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	
<b>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c		<b>TODS &amp; TWOS</b> Carrot Coins, 1/4c		<b>TODS &amp; TWOS</b> Sweet Peas, 1/4 c	
VEG: Morningstar Veggie Nuggets, 5ea		VEG: Morningstar Veggie Nuggets, 5ea		VEG: WG Spaghetti Marinara/Shredded Mozzarella	
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)					
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**GF** = Gluten Free may contain egg & or milk **WG** = Whole Grain					
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