

Fairfax Food Service		February 2024		Tysons - Springhill LK Lunch Menu	
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 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	GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch 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	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> Applesauce, 3/8c	<u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	<u>TODS & TWOS</u> Sweet Peas, 1/4 c	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c	
: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEG: Veg Black Bean Chili 1/2 c	VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)	VEG: WG Spaghetti Marinara/Shredded Mozzarella	VEG: Morningstar Veggie Nuggets, 5ea	
Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024	
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.	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	**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	Crn Dog Nuggets, 5 ea. Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea.	
	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c	<u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c	<u>TODS & TWOS</u> Applesauce, 3/8c	<u>TODS & TWOS</u> 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 Morningstar Veggie Nuggets, 3 ea.	VEG: Vegetarian Nacho Fiesta	VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2	VEG: Morningstar Veggie Nuggets, 5	
Monday, February 12, 2024	Tuesday, February 13, 2024	Wednesday, February 14, 2024	Thursday, February 15, 2024	Friday, February 16, 2024	
Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Mixed Peaches & Pears in Juice, 3/8c	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	WG Buttermilk Pancake 1 ea. w/ Chicken Sausage, 1 ea. Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.	**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	
<u>TODS & TWOS</u> Carrot Coins, 1/4c	<u>TODS & TWOS</u> Steamed Green Beans, 1/4c Applesauce, 3/8c		<u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c	
VEG: Vegetarian Nacho Fiesta	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEG: Chickenless Fajita Strips, 1/3 c	VEG: Morningstar Veggie Sausage, 1 ea.	VEG: Meatless Baked Ziti, 1/2c	
Monday, February 19, 2024	Tuesday, February 20, 2024	Wednesday, February 21, 2024	Thursday, February 22, 2024	Friday, February 23, 2024	
PRESIDENT'S DAY	**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.	Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c	Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c	
		<u>TODS & TWOS</u> Mandarin Oranges, 3/8 c	<u>TODS & TWOS</u> Applesauce, 3/8c Steamed Green Beans, 1/4c	<u>TODS & TWOS</u> Carrot Coins, 1/4c	
	VEG: Vegetarian Pizza Pasta Bake, 1/2 c	VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.	VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	VEG: Cheese Pizza, 1sl	
Monday, February 26, 2024	Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024	Friday, March 1, 2024	
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	GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch 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	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> Applesauce, 3/8c	<u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	<u>TODS & TWOS</u> Sweet Peas, 1/4 c	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c	
: 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)	VEG: WG Spaghetti Marinara/Shredded Mozzarella	VEG: Morningstar Veggie Nuggets, 5ea	

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)

GF = Gluten Free may contain egg & or milk
****WG**** = Whole Grain

To see your Nutrislice Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link:

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