

Fairfax Food Service		August 2023		Congressional Infant - Great Adventures Lunch Menu	
				Revised 7/21/2023	
	Tuesday, August 01, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans, 1/4c All Natural Applesauce, 3/8 c VEG: Veg Slider w/ Shred Cheese/Slider Bun	Wednesday, August 02, 2023 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Chickenless Fajita Strips	Thursday, August 03, 2023 Breakfast for Lunch!! WG Buttermilk Pancake 1 ea. w/ Chicken Sausage, 1 ea. Syrup Fresh Baby Carrots, 1/4c Ranch Honeydew, 1 slice <u>TODS & TWOS</u> Carrot Coins, 1/4c Diced Honeydew, 3/8 c VEG: Morningstar Veggie Sausage, 1 ea.	Friday, August 04, 2023 Papa John's Cheese Pizza, 1 sl Tossed Salad w/Mixed Greens, 1/2 c Ranch Chilled Diced Pears, 3/8 c <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Cheese Pizza, 1 sl	
Monday, August 07, 2023 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: Vegetarian Meatballs w/ Veg Gravy	Tuesday, August 08, 2023 Pizza Pasta Bake, 1/2c (WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1/2oz 100% Whole Grain Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake	Wednesday, August 09, 2023 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. <u>TODS & TWOS</u> Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5	Thursday, August 10, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad w/Romaine, 1/2 c Caesar Dressing Parmesan Cheese, 1/4oz Gala Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8c Sweet Peas, 1/4c VEG: Black Beans, 1/2 c & Rice w/Cauliflower, 1/3 c WG Brown	Friday, August 11, 2023 Papa John's Cheese Pizza, 1 sl Sweet Yellow Corn, 1/4c Chilled Diced Peaches, 3/8 c <u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Cheese Pizza, 1 sl	
Monday, August 14, 2023 NAE 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 VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	Tuesday, August 15, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Applesauce, 3/8 c VEG: Veg Sausage Crumbles w/Veg Gravy	Wednesday, August 16, 2023 NAE GF Chicken Tender Strips, 3ea Ketchup Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)	Thursday, August 17, 2023 WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Shredded Mozzarella Cheese, 1/2oz 100% Whole Grain Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas, 3/8 c VEG: WG Spaghetti Marinara/Parmesan	Friday, August 18, 2023 Papa John's Cheese Pizza, 1 sl Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Watermelon, 1 slice <u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Diced Watermelon, 3/8 c VEG: Cheese Pizza, 1 sl	
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)					
Click link to see NEW Nutrislice Menus					