

Congo Camp BK Gluten Free Allergy

August 2023

Fairfax Food Service

Substitutes Highlighted

Monday, July 31, 2023 NAE GF Chicken Tender Strips, 4 ea. Plain WG Brown Rice w/Cauliflower, 2/3 c Tossed Salad w/Mixed Greens, 1 c Balsamic Dressing, 1pkt Pear Cup, 1 ea.	Tuesday, August 01, 2023 GF Lean Beef Hamburger, 1ea on GF Bun, 1ea Sliced Cheddar Cheese, 1 ea. Ketchup Sweet Yellow Corn, 1/2c Red Delicious Apple, 1 ea.	Wednesday, August 02, 2023 Beef Nacho Fiesta, 1/2c GF Corn Tortilla Chips, 1/2c Shredded Cheddar Cheese, 1/2oz Steamed Green Beans, 1/4c Banana, 1ea	Thursday, August 03, 2023 Breakfast for Lunch!! Rice Chex Cereal, 3/4 c GF Chicken Sausage, 2 ea. Fresh Baby Carrots, 1/2 c Honeydew, 1 sl	Friday, August 04, 2023 "Gluten Free" Pizza, 2ea Peas, Green Beans, Corn, Lima Beans, 1/2 c Pear Cup, 1 ea.
Monday, August 07, 2023 NAE GF Chicken Tender Strips, 4 ea. Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Balsamic Dressing, 1pkt Applesauce Cup, 1ea	Tuesday, August 08, 2023 Red Beans & WG Rice, 3/4c Plain WG Brown Rice w/Cauliflower, 2/3 c Shredded Mozzarella Cheese, 1oz Steamed Green Beans, 1/2c Banana, 1ea	Wednesday, August 09, 2023 NAE GF Chicken Tender Strips, 4 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 2/3 c Sweet Tender Peas, 1/2c Orange Wedges, 6 ea	Thursday, August 10, 2023 Black Beans, 3/4c Plain WG Brown Rice w/Cauliflower, 2/3 c Shredded Mozzarella Cheese, 1oz Caesar Salad w/Romaine, 1 c Balsamic Dressing, 1pkt Gala Apple, 1 ea.	Friday, August 11, 2023 "Gluten Free" Pizza, 2ea Chopped Romaine, 1 c Balsamic Dressing, 1pkt Sweet Yellow Corn, 1/2c Peach Cup, 1 ea.
Monday, August 14, 2023 Plain Chicken Strips, 3/4c Shredded Cheddar Cheese, 1oz Plain WG Brown Rice w/Cauliflower, 2/3 c Ketchup Steamed Green Beans, 1/2c Pear Cup, 1 ea.	Tuesday, August 15, 2023 Vegetarian Black Bean Chili, 3/4c Plain WG Brown Rice w/Cauliflower, 2/3 c Steamed Green Beans, 1/2c Red Delicious Apple, 1 ea.	Wednesday, August 16, 2023 NAE GF Chicken Tender Strips, 4 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Balsamic Dressing, 1pkt Mandarin Orange Cup, 1 ea.	Thursday, August 17, 2023 Beef Nacho Fiesta, 1/2c GF Corn Tortilla Chips, 1/2c Shredded Mozzarella Cheese, 1oz Fresh Baby Spinach, 1 c Balsamic Dressing, 1pkt Banana, 1ea	Friday, August 18, 2023 "Gluten Free" Pizza, 2ea Chopped Romaine, 1 c Balsamic Dressing, 1pkt Orange Wedges, 6 ea
Monday, August 21, 2023	Tuesday, August 22, 2023	Wednesday, August 23, 2023	Thursday, August 24, 2023	Friday, August 25, 2023
Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023	Friday, September 01, 2023

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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