

Congo Camp @ Congressional School

August 2023

Fairfax Food Service Lunch Menu

<p>Monday, July 31, 2023 Teriyaki Diced Chicken, 2/3 c Plain WG Brown Rice w/Cauliflower, 2/3 c</p> <p><u>Salad Bar</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Egg Roll, 1 ea.</p>	<p>Tuesday, August 01, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea</p> <p><u>Salad Bar</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p>	<p>Wednesday, August 02, 2023 NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea</p> <p><u>Salad Bar</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Chickenless Fajita Strips</p>	<p>Thursday, August 03, 2023 <u>Breakfast for Lunch!!</u> WG Buttermilk Pancake 2 ea. w/ Chicken Sausage, 2 ea. Syrup <u>Salad Bar</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Morningstar Veggie Nuggets 6 ea.</p>	<p>Friday, August 04, 2023 Papa John's Pizza!!! Cheese or Pepperoni, 2ea</p> <p><u>Salad Bar</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Cheese Pizza, 2ea</p>
<p>Monday, August 07, 2023 Swedish Beef Meatballs, 5ea Plain WG Brown Rice w/Cauliflower, 2/3 c</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p>Tuesday, August 08, 2023 Pizza Pasta Bake, 3/4c (WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1oz</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, August 09, 2023 NAE WG Chicken Nuggets, 6ea Macaroni & Cheese, 1/2c</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, August 10, 2023 COOKOUT DAY!!! Hamburger or Hot Dogs on a Bun</p> <p><u>Toppings Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Veg Slider on a Bun, 2 ea</p>	<p>Friday, August 11, 2023 Papa John's Pizza!!! Cheese or Pepperoni, 2ea</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Cheese Pizza, 2ea</p>
<p>Monday, August 14, 2023 NAE Chicken Slider on Bun, 2ea Shredded Cheddar Cheese, 1oz Slider Bun, 1ea</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches</p>	<p>Tuesday, August 15, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Wednesday, August 16, 2023 NAE GF Chicken Tender Strips, 4ea Ketchup Plain WG Brown Rice w/Cauliflower, 2/3 c</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Thursday, August 17, 2023 WG Spaghetti w/ Beef & Lentils Marinara, 3/4c Shredded Mozzarella Cheese, 1oz</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: WG Spaghetti Lentil Marinara</p>	<p>Friday, August 18, 2023 Papa John's Pizza!!! Cheese or Pepperoni, 2ea</p> <p><u>Salad Bar w/ Dessert</u> Fruit of the Day SunButter & Jelly Sandwiches Turkey Sandwiches VEG: Cheese Pizza, 2ea</p>

Portions meet CACFP requirements:
3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 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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