June 1 - 3, 2016

-	6/1	6/2	6/3
	0/1	0/2	0/3
	Cheerio's Cereal, 1/3 c	Whole Grain English Muffin, 1/2 ea	Corn Chex Cereal (Gluten Free), 1/3 c
ast	100% Orange Raspberry Juice, 1/2 c	with Grape Jelly	Fresh Banana, 1/2 ea
Breakfast	No Dyes	All Natural Applesauce, 1/2 c	Trestr banana, 1/2 ca
řeš	,		Milk, 3/4 c
۱ ۳	Milk, 3/4 c	Milk, 3/4 c	
	AM	AM	AM
S	Strawberry Yogurt, 1/2 c	Corn Chex Cereal (Gluten Free), 1/3 c	Banana Bread, 1 sl
act	Fresh Banana, 1/2 ea	Milk, 1/2 c	Milk, 1/2 c
AM & PM Snacks			
×	PM	PM	PM
æ	Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea	Whole Grain Cheese Goldfish, 1 pkt ea 100% Orange Raspberry Juice,	Vanilla Yogurt, 1/2 c Fresh Apple, 1/2 ea
Įş	NILZ CIACKETS, 4 ea	no dyes, 1/2c	riesii Appie, 1/2 ea
`	Toddlers	110 dyes, 1/20	Toddlers
	Cheddar Cheese Slice		All Natural Applesauce
	Carratura Calliabaruma Chamb	What Curin Curanhasti with	All Natural Deli Sliced Chicken
	Country Salisbury Steak with Low Sodium Gravy, 1 ea	Whole Grain Spaghetti with Beef & Turkey Marinara, 1/3 c	Breast Sandwich, 1.5 oz
	Red Skin Mashed Potatoes, 1/4 c	100% Whole Grain Bread, 1/2 sl	on 100% Whole Grain Bread, 1 sl
ے ا	100% Whole Grain Bread, 1/2 sl	Tossed Salad w/ Mixed Greens	Mayo and Mustard on the Side
Lunch	Scandinavian Veggie Blend, 1/4 c	Creamy Ranch Dressing, 1/4 c	Lettuce, Spinach & Lolla Russo Salad
=	Fresh Cantaloupe, 1 sl	Fresh Banana, 1/2 ea	Creamy Ranch Dressing, 1/4 c
	Milk, 3/4 c	Milk, 3/4 c	Chilled Diced Peaches in Juice, 3/8 c Milk, 3/4 c
	Toddlers	Toddlers	Toddlers
	Diced Canteloupe	Sweet Tender Peas	3-Way Hot Mixed Veggies
			51 5 1 1 1000/117
ے ا	Veggie Black Bean Chili, 1/2 c 100% Whole Grain Bread, 1/2 sl	Whole Grain Spaghetti with Marinara Sauce, 1/2 c	Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea; and
=	Scandinavian Veggie Blend, 1/4 c	Low Fat Shredded Mozzarella, 1.5 oz	Cheddar Cheese, 1.5 oz
1 =	Fresh Cantaloupe, 1 sl	Tossed Salad w/ Mixed Greens	Mayo and Mustard on the Side
Vegetarian Lunch	Milk, 3/4 c	Creamy Ranch Dressing, 1/4 c	Lettuce, Spinach & Lolla Russo Salad
tar		Fresh Banana, 1/2 ea	Creamy Ranch Dressing, 1/4 c
ge		Milk, 3/4 c	Chilled Diced Peaches in Juice, 3/8 c
>	Toddlers	Toddlers	Milk, 3/4 c Toddlers
1	Diced Canteloupe	Sweet Tender Peas	3-Way Hot Mixed Veggies
			,

Portions meet CACFP requirements for 3 to 5 years olds. All alternates discussed on an individual basis as needed. 6 oz. of milk is required with each meal. This menu contains no pork or peanut products.

Vegetarian meals contain no beef or poultry.

Fairfax Food Service & Caterers PO Box 418, Newington, VA 22122 703.550.1820

June 6 - 10, 2016

	6/6	6/7	6/8	6/9	6/10
Breakfast	Krispie Rice Cereal, 1/3 c 100% Strawberry Kiwi Juice, no dyes 1/2 c Milk, 3/4 c	French Toast Sticks, 2 ea with Pure Maple Syrup 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	Cheerio's Cereal, 1/3 c Chilled Mixed Fruit, 1/2 c Milk, 3/4 c	Blueberry Bread, 1 sl Fresh Diced Melons, 1/2 c Milk, 3/4 c	Cheddar Cheese Biscuit, 1 ea 100% White Grape Juice, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Blueberry Bread, 1 sl Milk, 1/2 c PM String Cheese, 1 ea Diced Peaches in Juice, 1/2 c	AM Graham Crackers, 2 ea Milk, 1/2 c PM Ritz Crackers, 4 ea Freash Apple, 1/2 ea	AM Whole Grain Bagel, 1/2 ea with Grape Jelly Milk, 1/2 c PM Cinnamon Elf Grahams, 1 pkt 00% Strawberry Kiwi Juice, no dyes, 1/2	AM Whole Grain Honey Wheat Cheese Biscuit, 1 ea Milk, 1/2 c PM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea	AM Mini Pretzels, 8 ea Milk, 1/2 c PM Graham Crackers, 2 ea Fresh Honeydew Melon, 1 sl
Lunch	Oven-Baked Chicken Breast Patty Sandwich, 1 ea on a Whole Wheat Hamburger Roll with Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c Milk, 3/4 c	Macaroni & Cheese with Whole Grains, 1/2 c 100% Whole Grain Bread, 1/2 sl Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Diced Melon Mix, 3/8 c Milk, 3/4 c Toddlers Three-way Hot Mixed Veggies	Italian Beef & Turkey Meatballs, 3 ea On a Sub Roll, 1/2 ea with Shredded Mozzarella, 1/2 oz Fresh Sautéed Green Beans, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Canteloupe	Mexican Nacho Fiesta, 1/4 c with Shredded Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Fresh Baby Carrots, 1/4 c with Creamy Ranch Dip Diced Pears in Juice, 3/8 c Milk, 3/4 c Toddlers Carrot Coins 100% Whole Wheat Bread	Breakfast for Lunch! Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Turkey Sausage Links, 2 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Mixed Fruit
Vegetarian Lunch	Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Sweet Tender Peas, 1/4 c All Natural Applesauce, 3/8 c Milk, 3/4 c	Macaroni & Cheese with Whole Grains, 1/2 c 100% Whole Grain Bread, 1/2 sl Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Diced Melon Mix, 3/8 c Milk, 3/4 c Toddlers Three-way Hot Mixed Veggies	Italian Vegetarian Meatball on a Sub Roll, 1/2 ea Fresh Sautéed Green Beans, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Diced Canteloupe	Vegetarian Mexican Nacho Fiesta, 1/4 c with Shredded Cheddar Cheese, 1/2 oz Corn Tortilla Chips, 1/4 c Fresh Baby Carrots with Ranch Dip 1/4 c Diced Pears in Juice, 3/8 c Milk, 3/4 c Toddlers Carrot Coins 100% Whole Grain Bread	Breakfast for Lunch! Buttermilk Whole Grain Pancakes with Maple Syrup, 1 ea Danimals Vanilla Yogurt, 1 ea Veggie Sausage Patty, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c Toddlers Mixed Fruit

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June 13 - 17, 2016

	6/13	6/14	6/15	6/16	6/17
Breakfast	Ultra 100% Whole Wheat Mini Blueberry Loaf, 1 ea All Natural Applesauce, 1/2 c Milk, 3/4 c	Whole Grain English Muffin, 1/2 ea with Grape Jelly 100% White Grape Juice, 1/2 c Milk, 3/4 c	Whole Grain Honey Wheat Biscuit with cheese, 1 ea Chilled Diced Pears, 1/2 c Milk, 3/4 c	Cheerio's Cereal, 1/3 c 100% Apple Juice, no dyes, 1/2 c No Dyes Milk, 3/4 c	Corn Chex Cereal (Gluten Free), 1/3 c All Natural Applesauce, 1/2 c Milk, 3/4 c
AM & PM Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c PM Multigrain Sunchips, 1/2 bag Mild Salsa, 1 oz Toddlers Vanilla Yogurt	AM Blueberry Bread, 1 sl Milk, 1/2 c PM String Cheese, 1 ea Saltine Crackers, 4 ea	AM Cheerios Cereal, 1/3 c Milk, 1/2 c PM Whole Grain Cheese Goldfish, 1 ea Fresh Banana, 1/2 ea	AM Strawberry Yogurt, 1/2 c Graham Crackers, 2 ea PM Fresh Sliced Cucumbers, 1/2 c with Ranch Dip Whole Grain Crackers, 2 pkts ea Toddlers Diced HoneyDew Melon	AM Goldfish, 1/3 c 100% Orange Raspberry Juice, no dyes, 1/2 c PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea Toddlers Cheddar Cheese Slice/Crackers
Lunch	Roasted Teriyaki Chicken Strips, 3 ea Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c w/ Ranch Dip Chilled Diced Pears, 3/8 c Milk, 3/4 c Toddlers Carrot Coins	All Natural Beef Burger, 1/2 ea on a Whole Wheat Roll, 1/2 ea with Ketchup Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c	All Natural, Hormone-Free Chicken Fajita Strips, 1.5 oz 6" Whole Wheat Tortilla, 1 ea Low Fat Shredded Cheddar, 1/2 oz with Salsa and Sour Cream, 1 oz Sweet Yellow Corn, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c; Milk, 3/4 c Toddlers Green Beans/Melon Mix	All Natural Gluten-Free Chicken Breast Chunks, 3 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Scandinavian Blend Plus, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice	Whole Grain Penne Pasta in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Five-Way Hot Mixed Veggies, Including Corn, 1/4 c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Cantaloupe
Vegetarian Lunch	Veggie Egg Roll, 2 ea Whole Grain Rice, 1/4 c Fresh Baby Carrots 1/4 c with Ranch Dip Chilled Diced Pears, 3/8 c Milk, 3/4 c Toddlers Carrot Coins	Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Mashed Sweet Potatoes, 1/4 c Fresh Banana, 1/2 ea	Black Beans, 1/3 c Low Fat Shredded Cheddar, 1/2 oz 6" Whole Wheat Tortilla, 1 ea with Salsa and Sour Cream, 1 oz Sweet Yellow Corn, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c; Milk, 3/4 c Toddlers Steamed Green Beans and Diced Fresh Melon Mix	Veggie Nuggets, 4 ea with Ketchup 100% Whole Grain Bread, 1/2 sl Scandinavian Blend Plus, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers Diced Pears in Juice	Whole Wheat Penne Pasta in Italian Red Sauce with Soy Pieces Smothered in Three Cheeses, 1/2 c Five-Way Hot Mixed Veggies, 1/4c 100% Whole Grain Bread, 1/2 sl Fresh Cantaloupe, 1 sl Milk, 3/4 c Toddlers Carrot Coins/Diced Canteloupe

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June 20 - 24, 2016

	6/20	6/21	6/22	6/23	6/24
Breakfast	French Toast Sticks, 2 ea with Pure Maple Syrup 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	Rice Chex Cereal (Gluten Free), 1/3 c Fresh Apple, 1/2 ea Milk, 3/4 c	Waffles with Pure Maple Syrup, 1 ea Fresh Orange Wedges, 4 ea Milk, 3/4 c	Krispie Rice Cereal, 1/3 c Fresh Banana, 1/2 ea Milk, 3/4 c	Ultra 100% Whole Wheat Mini Blueberry Loaf, 1 ea Chilled Mixed Fruit, 1/2 c Milk, 3/4 c
		Toddlers All Natural Applesauce	Toddlers Diced Fresh Melon Mix		
l Snacks	AM Graham Crackers, 2 ea Milk, 1/2 c	AM Whole Grain English Muffin 1/2 ea Grape Jelly Milk, 1/2 c	AM Corn Chex Cereal (Gluten Free), 1/3 c Milk, 1/2 c	AM Apple Slices, 1/2 c Natural Cheddar Cheese Slice, 1 ea	AM Cheerios Cereal, 1/3 c Milk, 1/2 c
AM & PM	PM Cheez Its 1/3 c Fresh Honeydew Melon, 1 sl	PM Mini Pretzels, 8 ea 100% White Grape Juice, 1/2 c Toddlers Cheerios Cereal	PM Vanilla Yogurt, 1/2 c Vanilla Wafers, 4 ea	PM Graham Crackers, 2 ea 100% Strawberry Kiwi, no dyes, 1/2 c Toddlers All Natural Applesauce	PM Goldfish, 1/3 c Fresh Orange Wedges, 4 pcs Toddlers Diced Pears in Juice
Lunch	Macaroni & Cheese with Whole Grains, 1/2 c Fresh Sautéed Green Beans, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c	Pizza Pasta Bake with Ground Beef, Chicken & Beef Pepperoni, Tomato Sauce, Whole Grain Pasta, 1/2 c Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c	All Natural Breaded Chicken Tenders, 2 ea Jasmine Rice with Vegetables, 1/4 c Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Apple Slices, 3/8 c Milk, 3/4 c Toddlers	Jennio Turkey Burger, 1 ea Whole Wheat Hamburger Roll, 1 ea with Ketchup Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c	All Natural Oven Roasted Turkey Breast, 1.5 oz 100% Whole Grain Bread, 1 sl Mayo on the Side Mashed Sweet Potatoes, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c Milk. 3/4 c
	Toddlers Diced Pears in Juice	Toddlers Carrot Coins	3-Way Hot Mixed Veggies All Natural Applesauce	Toddlers Mixed Fruit/Green Beans	Toddlers Diced Fresh Melon Mix
Vegetarian Lunch	Macaroni & Cheese with Whole Grains, 1/2 c Fresh Sautéed Green Beans, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c	Meatless Pizza Pasta Bake Chicken-Free Strips, Tomato Sauce, Pasta, Mozzarella, 1/2 c Tossed Salad with Mixed Greens, 1/4 c With Creamy Ranch Dressing Fresh Banana, 1/2 ea Milk, 3/4 c	Veggie Nuggets, 4 ea with Ketchup Jasmine Rice with Vegetables, 1/4 c Mixed Veggie Trio, 1/4 c with Creamy Ranch Dip Fresh Apple Slices, 3/8 c Milk, 3/4 c Toddlers	Morningstar Vegetarian Burger, 1 ea on a Whole Wheat Roll, 1 ea with Ketchup Caesar Salad with Romaine, Dressing and Parmesan, 1/4 c Fresh Orange Wedges, 2 ea Milk, 3/4 c Toddlers	Cheese Sandwich on 100% Whole Grain Bread, 1/2 ea; and Cheddar Cheese, 1.5 oz Mayo on the Side Mashed Sweet Potatoes, 1/4 c Fresh Fruit Salad with Melons and Fresh Pineapple, 3/8 c Milk, 3/4 c
	Toddlers Diced Pears in Juice	Toddlers Carrot Coins	3-Way Hot Mixed Veggies All Natural Applesauce	Mixed Fruit in Juice Green Beans	Toddlers Diced Fresh Melon Mix

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June 27 - 30, 2016

	6/27	6/28	6/29	6/30
Breakfast	Whole Grain Bagel, 1/2 ea with Grape Jelly 100% Apple Juice, no dyes, 1/2 c Milk, 3/4 c	Krispie Rice Cereal, 1/3 c Fresh Orange Wedges, 4 ea Milk, 3/4 c	Cheerio's Cereal, 1/3 c 100% Orange Raspberry Juice, 1/2 c No Dyes Milk, 3/4 c	Whole Grain English Muffin, 1/2 ea with Grape Jelly All Natural Applesauce, 1/2 c Milk, 3/4 c
		Toddlers Diced Peaches in Juice		
AM & PM Snacks	AM French Toast Sticks, 2 ea with syrup; Milk, 1/2 c PM Multigrain Sunchips, 1/2 bag 100% Strawberry Kiwi Juice, 1/2 c	AM Blueberry Bread, 1sl Milk, 1/2 c PM Cinnamon Elf Grahams, 1 ea Fresh Cantaloupe, 1 sl	AM Strawberry Yogurt, 1/2 c Fresh Banana, 1/2 ea PM Baby Carrots, 1/2 c, with Ranch Dip Ritz Crackers, 4 ea	AM Corn Chex Cereal (Gluten Free), 1/3 c Milk, 1/2 c PM Whole Grain Cheese Goldfish, 1 pkt ea 100% Orange Raspberry Juice, no dyes, 1/2c
	Toddlers Vanilla Yogurt	Toddlers Diced Canteloupe	Toddlers Cheddar Cheese Slice	
Lunch	Mini Cheese Ravioli with Whole Grains, 1/2 c Shredded Mozzarella, 1/2 oz Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c	Fiesta Chicken All Natural, No Hormone Diced Chicken Breast, Salsa, Corn, Red Peppers, 1/3 c Brown Whole Grain Rice, 1/4 c Fresh Baby Carrots, 1/4 c With Creamy Ranch Dip; Granny Smith Apple Slices, 3/8 c; Milk, 3/4 c	Country Salisbury Steak with Low Sodium Gravy, 1 ea Red Skin Mashed Potatoes, 1/4 c 100% Whole Grain Bread, 1/2 sl Scandinavian Veggie Blend, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c	Whole Grain Spaghetti with Beef & Turkey Marinara, 1/3 c 100% Whole Grain Bread, 1/2 sl Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c
		Toddlers Carrot Coins/Applesauce	Toddlers Diced Canteloupe	Toddlers Sweet Tender Peas
Vegetarian Lunch	Mini Cheese Ravioli with Whole Grains, 1/2 c Shredded Mozzarella, 1/2 oz Steamed Green Beans, 1/4 c Chilled Diced Pears, 3/8 c Milk, 3/4 c	Vegetarian Refried Beans, 1/2c Shredded Chedder Cheese, 1/2oz Whole Grain Rice, 1/4 c Fresh Baby Carrots 1/4 c with Ranch Dip Granny Smith Apples, 3/8 c Milk, 3/4 c	Veggie Black Bean Chili, 1/2 c 100% Whole Grain Bread, 1/2 sl Scandinavian Veggie Blend, 1/4 c Fresh Cantaloupe, 1 sl Milk, 3/4 c	Whole Grain Spaghetti with Marinara Sauce, 1/2 c Low Fat Shredded Mozzarella, 1.5 oz Tossed Salad w/ Mixed Greens Creamy Ranch Dressing, 1/4 c Fresh Banana, 1/2 ea Milk, 3/4 c
		Toddlers Carrot Coins/Applesauce	Toddlers Diced Canteloupe	Toddlers Sweet Tender Peas

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