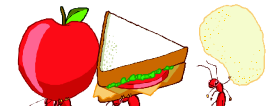




Westfields Play and Learn Lunch Menu

February 2010



<p>Fairfax Food Service & Caterers PO BOX 418 Newington, VA 22122 (703)550-1820</p>	<p>Meals marked *** are vegetarian and the entrée meal contains no beef or poultry This menu contains no pork or peanut products</p>			
<p>1 Teriyaki Chicken Strips, 3 each Brown Whole Grain Rice, ¼ cup Carrot Coins, ¼ cup Chilled Diced Pears, 3/8 cup</p>	<p>2 Beef Hamburger, 1 each w/ Catsup Sweet Yellow Corn, ¼ cup Fresh Orange Wedges, 2 each Tods & Twos Chilled Diced Pears</p>	<p>3 Chicken in Gravy, ½ cup Mashed Potatoes, ¼ cup Dinner Rolls, 1 each Applesauce</p>	<p>4 Turkey Corn Dog Nuggets, 4 each w/ catsup Green Peas, ¼ cup Fresh Orange Wedges, 2 each Tods & Twos Chilled Diced Pears</p>	<p>5 Baked Ziti in Italian Red Sauce Smothered in 3 Cheeses, ½ cup Vegetable Medley ¼ cup Italian Bread, 1 slice Chilled Diced Peaches</p>
<p>8 Chili Mac, no beans, with Beef, Tomatoes & Cheese Sauce 1/2 cup Green Beans, ¼ cup Chilled Diced Pears, 3/8 cup</p>	<p>9 Hawaiian Turkey Meatballs, 3 each Brown Whole Grain Rice, ¼ cup Carrot Coins, 1/4 cup Banana</p>	<p>10 Chicken Nuggets, 3 each Mashed Potatoes, ¼ cup Whole Wheat Bread, 1 slice Applesauce, 3/8 cup</p>	<p>11 Meatballs & Gravy, 3 each Split top Roll Sweet Tender Peas Fresh Orange Wedges, 2 each Tods & Twos Applesauce</p>	<p>12 Boneless Wing Ding, 2 each w/ catsup Dinner Roll Sweet Yellow Corn, ¼ cup Chilled Diced Peaches, 3/8 cup</p>
<p>15 Center Closed... Staff Inservice Day!</p>	<p>16 Chicken Nuggets, 3 each Whole Wheat Bread Whole Wheat Bread, 1 slice Applesauce, 3/8 cup</p>	<p>17 Salisbury Steak with Gravy Savory Mashed Potatoes, ¼ cup Whole Wheat Bread 1/2 slice Pineapple Tidbits, 3/8 cup Tods & Twos Chilled Diced Peaches</p>	<p>18 Enriched Short Spaghetti W/ Marinara Meatsauce Tossed Salad with Creamy Ranch Dip Banana, 1/2 each Tods & Twos Sweet tender peas</p>	<p>19 Macaroni & Cheese, ½ cup Whole Wheat Bread Shredded Mozzarella, ½ oz Mixed Vegetables, ¼ cup Diced peaches, 3/8 cup</p>
<p>22 Breaded Chicken Patty Sandwich w/ Catsup Sweet Tender Peas, ¼ cup Applesauce, 3/8 cup</p>	<p>23 Chili Mac, no beans 1/3 cup Cheddar Cheese, 1/2oz. Saltine Crackers, 4 each Peas, ¼ cup Banana, ½</p>	<p>24 Italian Turkey meatball Sub Shredded Mozzarella Cheese, ½ oz. Green Beans, ¼ cup Chilled Diced Peaches</p>	<p>25 Ground Beef Nacho Meat, 1 oz. Shredded Cheddar Cheese, ½ oz. Tortilla Chips, ¼ cup Carrots Coins ¼ cup Applesauce, 3/8 cup Tods & Twos Dinner Roll</p>	<p>26 Breakfast for Lunch French Toast Sticks w/ Syrup Turkey Sausage Links, 2 each Fresh Orange Wedges, 4 pieces Tod & Twos: Mixed Fruit</p>