

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> 2 (2 oz) Oven Baked Chicken Leg 1 WG Wheat Roll (2 oz) ½ c Lima Beans ½ c Glazed Carrots ½ c Apple Slices (4-6) 1 c Milk	<b>4</b> 1 Stuffed Pepper <small>3 oz m/ma, ½ c Green Pepper</small> ½ c WG Rice 4 oz 1 oz WG Biscuit w Margarine ½ c Green Beans ½ c Melon Salad 1 c Milk	<b>5</b> Rosemary Chicken Breast 3 oz MMA ½ c WG Rice 1 oz WW Bread ½ c Steamed Greens ½ c Summer Squash ¾ c Cherry Cobbler 1 c Milk	<b>6</b> <u>South American</u> 1 c Beef Picadillo (3 oz m/ma, ½ c Vegetables) 1 c WG Rice (8 oz Grain) ½ c Broccoli 1 Orange in Wedges 1 c Milk	<b>7</b> 1 c Minestrone Soup (5 oz meat alternate, ½ c vegetable) 2 oz Cornbread ½ c Tasty Tots ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 1 c Milk	<b>8</b> 3 oz Chicken Breast with ¼ c Stuffing 1 oz 1 oz WG Roll w Margarine ½ c Spring Peas ½ c Cauliflower ½ c Peaches 1 c Milk
<b>10</b> 1 ¼ c Veg Lasagna & Parmesan Cheese <small>¾ c cheese, ½ c WG noodles</small> 1 oz WG French Bread ½ c Zucchini 1 c Mixed Greens Salad w Italian 1 Orange in Wedges 1 c Milk	<b>11</b> 2 Baked Cod Ole 3 oz m/ma ½ c WG Turmeric Cous Cous 2.8 oz 1 oz WG Roll 2/3 c Salsa ½ c Black Beans ½ c Honeydew 1 c Milk	<b>12</b> 3 oz Stir Fried Teriyaki Chicken 1 c WG Jasmine Rice 4 oz ½ c Japanese Vegetables ½ c Steamed Cabbage 1 Banana 1 c Milk	<b>13</b> 4 oz "Country" Fried Steak & Country Gravy 2 oz WG Biscuit w margarine ½ c Collard Greens ½ c Vegetarian Baked Beans ½ c Cantaloupe 1 c Milk	<b>14</b> 1 ½ c Vegetarian Chili <small>4 oz Meat Alternate ½ c vegetable</small> 2 oz WG Cornbread ½ c Red Bliss Potatoes ½ c Pears 1 c Milk	<b>15</b> Stuffed Pepper <small>3 oz m/ma, ½ c Green Pepper</small> ½ c WG Rice 1 oz WG Roll w Margarine ½ c Sautéed Summer Squash ½ c Mandarin Orange 1 c Milk
<b>17</b> 1 Bean Burrito Bowl + ½ oz Monterrey Jack 2 oz MMA 1 oz WG Rice 1 oz WG Corn Muffin, ½ c Pico De Gallo, 1 c Green Leaf Salad Ranch 1 Orange in Wedges 1 c milk	<b>18</b> 1 Stuffed Cabbage <small>4 oz m/ma, ½ c Cabbage</small> ½ c WG Rice 1 oz WG Roll w Margarine ½ c Squash ½ c Pineapple 1 c Milk	<b>19</b> 2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuits w Margarine ½ c Collards ½ c 3 Way Mixed Vegetables ¾ c Cherry Cobbler 1 c Milk	<b>20</b> 1 ¼ c Macaroni & Cheese <small>1 ½ oz Cheese, 1 c WG noodles 7.1 oz</small> ½ c Vegetarian Baked Beans ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Peaches 1 c Milk	<b>21</b> 2 Fish Slider (3oz/MMA) 2 WG Slider Bun (2 oz) ½ c Steamed Mixed Greens, ½ c Mango Cole Slaw ½ c Apple Slices 1 c Milk	<b>22</b> 3 oz Barbecue Chicken Breast ½ c WG Macaroni Salad 1 oz WG Roll ½ c Corn ½ c Marinated Green Bean Salad ½ c Peaches 1 c Milk
<b>24</b> Chili Stuffed Baked Potato 1 c Chili con Carne 4 oz meat & Meat Alternate, ½ vegetable 2 oz WG Corn Muffin w Margarine ½ c Baked Potato Cup ½ c Cinnamon Baked Apple compote 1 c Milk	<b>25</b> Oven Roasted Haddock w Crema Sauce Lemon 2 oz MMA ½ c Chow-Chow Cole Slaw ½ c WG Rice Pilaf 1oz WG Roll ½ c Green Beans ½ c Strawberries 1 c Milk	<b>26</b> 1 c Lentil Soup 2 ½ oz meat alternate and ¼ c vegetable 14 (2 oz) WG Triscuit type Cracker ½ c Carrots 1 c Field Green Salad Ranch ½ c Fruit Cocktail 1 c Milk	<b>27</b> 3 oz Barbecue Beef <small>(3/8 c) #10 scoop</small> 1 (2oz) Potato Roll ½ c Brussels Sprouts ½ c Vegetarian Baked Beans ¾ c Peach Cobbler 1 c Milk	<b>28</b> 2 Cheese Manicotti (5.5oz) w Tomato Basil Sauce <small>3 oz cheese 4 oz WG grain per food label</small> 1 c Ratatouille ½ c Pears 1 c Milk	<b>29</b> 3 oz Chicken Supreme ½ c WG Noodles 2.5 oz 1 oz WG Roll w Margarine ½ c Zucchini ½ c Butter Beans ½ c Pineapple 1 c Milk



# MOW FAIRFAX COLD MENU

## JUNE 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>1 c Fruited Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew ½ c Peaches ½ c Zucchini Tomato Salad 1 c Milk</p>	<p>4</p> <p>3 oz Tuna Salad 2 oz WW Roll 1 c Field Greens w Italian ½ c Fruit Salad ½ c Tropical Bean Salad 1 c Milk</p>	<p>5</p> <p>2 oz Roast Beef 1 oz Cheese 2 Sl WW Bread 1 Pc Mustard &amp; Mayo ½ c Cole Slaw ½ c Italian Tomato Salad ½ c Fresh Fruit Salad 1 c Milk</p>	<p>6</p> <p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Black Bean Salad ½ c German Potato Salad 1 c Milk</p>	<p>7</p> <p>3 oz Egg Salad 2 oz WG Roll ¾ c Spinach Strawberry Salad w Balsamic Vinaigrette ½ c Cucumber Salad 1 Banana 1 c Milk</p>
<p>10</p> <p>2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Cole Slaw 1 Pc Mustard &amp; Mayo ½ c Mediterranean Chickpea Salad ½ c Pineapple 1 c Milk</p>	<p>11</p> <p>Chicken Caesar Salad 3oz Chicken Strips 2 oz WG Apple Muffin 1 c Caesar Field Greens Salad ½ c Green &amp; Red Pepper Strips ½ c Fresh Fruit Salad 1 c Milk</p>	<p>12</p> <p>2 oz Roast Beef 1 oz Provolone Cheese 2 oz WG Roll ½ c Lettuce ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Pickled Beets ½ c Waldorf Salad 1 c Milk</p>	<p>13</p> <p>½ c Cottage Cheese 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Honeydew ¾ c Fruited Jello Salad ½ c Peaches 1 c Milk</p>	<p>14</p> <p>Chef Salad 3 oz Protein 1 oz Swiss Cheese, 2 Eggs wedged 2 oz WG Bread 1 c Mixed Greens Lettuce w Herb Vinaigrette ½ c Cherry Tomato &amp; Cuke ½ c Fresh Melon Salad 1 c Milk</p>
<p>17</p> <p>8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Cucumber Salad 1 c Fresh Fruit Salad 1 c Milk</p>	<p>18</p> <p>3 oz Asian Chicken Salad 2 oz WG Corn Muffin 1 c Field Greens w Ranch ½ c Red Bean Salad ½ c Honeydew 1 c Milk</p>	<p>19</p> <p>Tuna Salad 2 Sl WW Bread 2 oz ½ c Cowboy Caviar 1 c Field Greens Salad w Italian ½ c Melon Salad 1 c Milk</p>	<p>20</p> <p>3 oz Roast Beef 2 oz WW Roll 1 Pc Mustard &amp; Mayo ½ c Broccoli Salad ½ c Cole Slaw ½ c Mandarin Oranges 1 c Milk</p>	<p>21</p> <p>½ c Cottage Cheese 1 oz String Cheese 2 oz WG Apple Muffin ½ c Honeydew ¾ c Fruited Jello Salad ½ c Strawberries 1 c Milk</p>
<p>24</p> <p>3 oz Grilled Chicken 2 oz WW Bun ½ c Red &amp; Green Pepper strips w Italian ½ c Cucumber Salad 1 Pc Mayo &amp; Mustard 1 Banana 1 c Milk</p>	<p>25</p> <p>2 Black Bean Lettuce Wraps 2.25 oz MMA 1 c Vegetable ½ c WG Rice 1 WG WG Soft Breadstick(1.2oz) ½ c Cantaloupe 1 c Milk</p>	<p>26</p> <p>Roast Beef Salad 3 oz Beef 2 oz WG Roll 1 c Chopped Kale ½ c Salad Vegetables ½ c Applesauce 1 c Milk</p>	<p>27</p> <p>3 oz Smoked Turkey 2 oz WG Bun ½ c Lettuce, ¼ c Tomato 1 Pc Mustard &amp; Mayo ½ c Potato Salad ½ c Pineapple Carrot Salad 1 c Milk</p>	<p>28</p> <p>3 oz Tuna Salad 2 oz WW English Muffin 1 c Spinach Salad w Balsamic Vinaigrette ½ c Beet Salad ½ c Tropical Fruit Salad 1 c Milk</p>