

CACFP Summer Meals Menu – July Menu 2025

Department of Neighborhood and Community Services

12011 Government Center Parkway 8th Floor, Fairfax, VA 22035 Phone 703-704-6703, TTY 711 Fax 703- 704-6797

Pork, peanuts and/or tree nuts are not used in these menus. All juices are full-strength 100% fruit juice

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Breakfast</div> <div>LUNCH</div> <div>FIELD TRIP</div> <div>PM Snack</div>		¹ 1 WG Cinnamon Roll (2.29 oz) ½ c Apple (1) 1 c 1% unflavored milk	² 1 WG Rice Chex cereal (1 oz) 1 Banana 1 c 1% unflavored milk	³ 1 WG Banana Muffin (2 oz) 1 Orange 1 c 1% unflavored milk	 
		Make your Sandwich 1 Hamburger Patty (2.5 oz) w/ BBQ Sauce 1 WG Bun (2 oz) ½ c Green Beans ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce	3 Chicken Tenders (2 oz) ½ c Brown Rice w/ Green Peas 1 c Green Salad w/ Ranch ½ c Peaches 1 c 1% unflavored milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	Breakfast for Lunch 4 Turkey Sausage Links (2.6 oz) w/ Ketchup 1 WG Pancake (1.23 oz) w/ Syrup ½ c Three Bean salad ½ c Pears 1 c 1% unflavored milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	
		Make your Sandwich 1 Hamburger Patty (2.5 oz) w/ BBQ Sauce 1 WG Bun (2 oz) ½ c Three Bean Salad ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce	3 Chicken Tenders (2 oz) 1 WG Roll (1.13 oz) 1 c Green Salad w/ Ranch ½ c Peaches 1 c 1% unflavored milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	Make your Sub 3 Turkey Breast slices (0.7 oz) w/ Mayo & Mustard 1 WG Hamburger Bun (2.2 oz) ½ c Coleslaw ½ c Pears 1 c 1% unflavored milk Veg: Vegetarian Sub (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)	
		1 oz WG Sliced Bread 1 oz Sunbutter	1 String Cheese (1 oz) 1 oz WG Cheese Crackers	1 WG Animal Crackers (1 oz) ¾ c Cantaloupe	

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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Breakfast	7 1 WG Scooters cereal (1 oz) ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% unflavored milk	8 1 WG Waffle Fruit Loop(2.6oz) w Syrup ½ c Peaches 1 c 1% unflavored milk	9 1 WG English Muffin (2 oz) w/ Apple Jelly ½ c Apple (1) 1 c 1% unflavored milk	10 1 WG Banana Bread (3.4 oz) 1 Banana 1 c 1% unflavored milk	11 1 WG Strawberries stuffed Bagel (2.4 oz) 1 Orange 1 c 1% unflavored milk
LUNCH	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Mashed Potatoes ½ c Pears 1 c 1% unflavored milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i>	1 Meatloaf (3.15oz) 1 WG Bun (2 oz) ½ c Chickpeas Salad w/ Diced Cucumbers 1 Banana 1 c 1% unflavored milk <i>Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce</i>	Make your Gyro ¼ c Grilled Chicken Strips (2 oz) with 1 pc Cream Italian 1 WG Flat Bread (1 oz) ½ c Collard Greens ½ c Mandarin Orange 1 c 1% unflavored milk <i>Veg: 6 Veg Chick'n Tenders (5.4 oz)</i>	½ c Sloppy Joe (2 oz <i>Ground Beef</i>) 1 WG Bun (2.2 oz) ½ c Mix Vegetables ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk <i>Veg: ¾ c Soy protein Sloppy Joe</i>	Make your Sandwich 1 Veggie Burger (3.5 oz) w/ Mayo 1 WG Bun (2 oz) ½ c Cucumber slices ½ c Apple slices 1 c 1% unflavored milk <i>Veg: Same</i>
FIELD TRIP	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Pears 1 c 1% unflavored milk <i>Veg: Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i>	Make your Sandwich 2 oz SunButter Jelly 2 Slices Whole Grain Bread (2 oz) ½ c Carrot Sticks with Ranch ½ c Applesauce 1 c 1% unflavored milk <i>Veg: Same</i>	Make your Gyro ¼ c Grilled Chicken Strips (2 oz) with 1 pc Cream Italian 1 WG Flat Bread (1 oz) ½ c Cucumber-tomato salad ½ c Mandarin Orange 1 c 1% unflavored milk <i>Veg: 6 Veg Chick'n Tenders (5.4 oz)</i>	Make your Sandwich Roast Beef Sandwich 4 Roast Beef slices (2 oz) w/ Mustard 1 WG Bun (2 oz) ½ c Potato Salad ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk <i>Veg: Cheese Sandwich w/ 3 Cheddar Cheese slices (2.25 oz)</i>	Make your Sandwich 3 Turkey Breast slices (2.1 oz) w/ Mayo & Mustard 1 WG Bun (2 oz) ½ c Cucumber slices ½ c Apple slices 1 c 1% unflavored milk <i>Veg: 2 oz Fresh Mozzarella Cheese</i>
PM Snack	1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip	Make your Parfait ½ c Strawberry Yogurt 1 oz WG Nut Free Granola	2 Cheddar Cheese (1.5 oz) 1 oz WG Ritz Crackers	1 WG Blueberry Muffin (2 oz) ¾ c Pineapple Tidbits	1 WG Cinnamon Goldfish (0.9 oz) ¾ c Fresh Pears (1)

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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Breakfast	14 1 WG Cinnamon Toast Crunch Cereal (1 oz) ½ c Pears 1 c 1% unflavored milk	15 1 WG Waffle Fruit Loop(2.6oz) w Syrup ½ c Peaches 1 c 1% unflavored milk	16 1 WG Bagel (2.3 oz) w/ Apple Jelly 1 Banana 1 c 1% unflavored milk	17 1 WG Blueberry Muffin (2 oz) 1 Orange 1 c 1% unflavored milk	18 1 WG Cinnamon Waffle(2.64oz) w Syrup ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk
LUNCH	Make your Sandwich 1 Crispy Chicken Patty (3.25 oz) w/ BBQ Sauce 1 WG Bun (2 oz) ½ c Diced Potatoes ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk Veg: 1 Veggie Burger (3.5 oz) w/ / BBQ Sauce	Beef Stir-fry w/ vegetables ¼ c Beef Slices (2 oz) ½ c WG Rice ½ c Asian Vegetables (Green Beans, Broccoli, Onions, Mushrooms, Red Pepper) ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c 1% unflavored milk Veg: ½ c Soy Protein	2 Cheese Lasagna Roll-up (2.5 oz eq. m/ma) WG Lasagna noodles (1 oz eq) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Pears 1 c 1% unflavored milk Veg: Same	Make your Sandwich ½ c Tuna Salad 2 oz Tuna Fish 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% unflavored milk Veg: 2 oz Fresh Mozzarella Cheese	Make your Quesadilla ½ c Black Beans w/ Salsa 2 oz Shredded Mozzarella 1 WW Tortilla (1 oz) ½ c Carrots w/ Veggie dip ½ c Mandarin Oranges 1 c 1% unflavored milk Veg: Same
FIELD TRIP	Make your Sandwich 1 Crispy Chicken Patty (3.25 oz) w/ BBQ Sauce 1 WG Bun (2 oz) ½ c Pickled Beans ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c 1% unflavored milk Veg: 1 Veggie Burger (3.5 oz) w/ / BBQ Sauce	Make your Wrap 3 Turkey Breast slices (2.1 oz) 1 Sl. Cheddar Cheese 1 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Cucumber slices 1 Orange (1/2 c) 1 c 1% unflavored milk Veg: Vegetarian wrap (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)	Make Your Own Caesar Salad 2 oz Chicken Strip 1 WG Roll (1.13oz) 1 c Tossed salad w/ Caesar Dressing 1 pc Parmesan Cheese ½ c Pears 1 c 1% unflavored milk Veg: Pasta salad w/ Shredded Mozzarella Cheese (2 oz) & Vegetables	Make your Sandwich ½ c Tuna Salad (2oz) 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% unflavored milk Veg: 2 oz Fresh Mozzarella Cheese	Make your Quesadilla ½ c Black Beans w/ Salsa 2 oz Shredded Mozzarella 2 WW Tortilla (1 oz) ½ c Carrots w/ Veggie dip ½ c Mandarin Oranges 1 c 1% unflavored milk Veg: Same
PM Snack	1 WG Graham Vanilla Emoji ¾ c Mango	Make your Parfait ½ c Strawberry Yogurt 1 oz WG Nut Free Granola	1 WG Chips w/Salsa (1 oz) 2 PK IW Cheddar Cheese (1.5 oz)	1 WG Animal Crackers (1 oz) ¾ c Mango	1 String Cheese (1 oz) ¾ c Apple (1)

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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Breakfast	21 1 WG Scooters (1 oz) ½ c Applesauce 1 c 1% unflavored milk	22 1 WG Waffle Flatbread (1.1 oz) w/ Grape Jelly 1 Orange 1 c 1% unflavored milk	23 1 WG Blueberry Muffin (1.6 oz) 1 Banana 1 c 1% unflavored milk	24 1 WG Banana Bread (3.4 oz) ½ c Mango 1 c 1% unflavored milk	25 1 WG Cinnamon Roll (2.29 oz) ½ c Apple (1) 1 c 1% unflavored milk
LUNCH	2 Chicken Drumsticks (5 oz) w/ BBQ sauce 1 WG Roll (1.13 oz) ½ c Roasted Potatoes ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	<u>Make your Sandwich</u> 1 Beef Patty (2 oz) 2 oz WG Bun ½ c Green Beans ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c 1% unflavored milk Veg: ½ c Vegan Ground Meat	5 Chicken Meatballs (2.7 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 WG Hot Dog Bun (2.2 oz) ½ c Steamed Spinach ½ c Peaches 1 c 1% unflavored milk Veg: 3 Vegan Meatballs (3.1 oz) w/ Marinara sauce	¾ c Beef Macaroni Pasta Baked 2 oz Beef, ½ c Pasta ½ c Broccoli Florets w/ Creamy Italian ½ c Mandarin Orange 1 c 1% unflavored milk Veg: Vegan Macaroni Pasta Bake	3 oz Orange Chicken ½ c WG Fried Rice ¼ c 5 Way Mix Vegetable ½ c Orange (1) 1 c 1% unflavored milk Veg: Chixx Tenders
FIELD TRIP	<u>Make your Sandwich</u> 3 Turkey Breast slices (2.1 oz) w/ Mayo 1 WG Bun (2 oz) ¾ c Pasta Salad w/ Italian Dressing ½ c Vegetables (Zucchini, Carrots, Spinach) ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% Unflavored Milk Veg: 2 oz Fresh Mozzarella Cheese	1 Crispy Chicken Patty (3.25 oz) w/ BBQ sauce 1 WG Bun (2 oz) ½ c Potato Salad ½ c Peaches 1 c 1% unflavored milk Veg: 1 Veggie Burger (3.5 oz) w/ / BBQ Sauce	<u>Make your Sub</u> ½ c Tuna Salad 2 oz Tuna Fish 1 WG Hot Dog Bun (2.2 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian 1 Banana 1 c 1% unflavored milk Veg: Vegetarian Sub (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)	<u>Make your Sandwich</u> ½ c Chicken Salad 2 oz Diced Chicken 1 WG Bun (2 oz) ½ c Three Bean Salad ½ c Mandarin Orange 1 c 1% unflavored milk Veg: 2 oz Fresh Mozzarella Cheese	<u>Make your Pizza</u> 2 oz Shredded Mozzarella 1 WG Flat Bread (1 oz) ½ c Hot Marinara Sauce 1 c Tossed salad w/ Italian 1 Orange 1 c 1% unflavored milk Veg: Same
PM SNACK	1 WG Graham Vanilla Emoji ¾ c Mango	<u>Make your Parfait</u> ½ c Strawberry Yogurt 1 oz WG Nut Free Granola	1 WG Animal Crackers (1 oz) ¾ c Carrots w/ Veggie Dip	1 WG Blueberry Muffin (2 oz) ¾ c Pineapple Tidbits	1 String Cheese (1 oz) 1 oz WG Ritz Crackers

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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Breakfast	28 1 WG Cinnamon Toast Crunch (1 oz) ½ c Pineapple Tidbits 1 c 1% unflavored milk	29 1 WG Strawberries Stuffed Bagel (2.4 oz) ½ c Peaches 1 c Milk	30 1 WG Apple Cinnamon Cheerios cereal (1 oz) 1 Banana 1 c Milk	31 1 WG English Muffin (2 oz) w/ Apple Jelly 1 Orange 1 c Milk	
LUNCH	3 oz Lemon Grass Chicken 1 c Brown Rice (1/2 c) w/ ½ c Peas and Carrots ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% unflavored milk Veg: ½ c Black Beans	1 Meatloaf (3.15 oz) w/ Gravy 1 WG Roll (1.13 oz) ½ c Coleslaw ½ c Apple (1) 1 c 1% unflavored milk Veg: 1 Veggie Burger (3.5 oz) w/ BBQ Sauce	2 Cheese Lasagna Roll-ups (2.5 oz eq. m/ma) WG Lasagna noodles (2 oz eq) ½ c Broccoli Florets w/ Creamy Italian 4 Orange Wedges (1) 1 c 1% unflavored milk Veg: Same	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Carrots & Peas ½ c Pears 1 c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	
FIELD TRIP	3 Chicken Tenders (2.25 oz) 1 WG Roll (1.13 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c 1% unflavored milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	<u>Make your Sandwich</u> Roast Beef Sandwich 4 Roast Beef slices (2 oz) w/ Mayo 1 WG Bun (2 oz) ½ c Coleslaw ½ c Apple (1) 1 c 1% unflavored milk Veg: Cheese Sandwich w/ 3 Cheddar Cheese slices (2.25 oz)	<u>Make your Wrap</u> 3 Turkey Breast slices (0.7 oz) 1 Cheese slice (0.75 oz) 2 Tbsp Hummus 1 WW Tortilla (1 oz) ½ c Broccoli Florets w/ Creamy Italian 1 Orange Wedges 1 c 1% unflavored milk Veg: Vegetarian wrap (2 oz Fresh Mozzarella cheese, tomato, lettuce, cucumber)	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) 1 c Green Salad w/ Ranch ½ c Pears 1 c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup	
PM SNACK	1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip	<u>Make your Parfait</u> ½ c Vanilla Yogurt 1 oz WG Nut Free Granola	1 WG Cheddar Cheese Cracker (0.9 oz) ¾ c Pineapple Tidbits	1 WG Simply Chex Snack Mix (1.03 oz) ¾ c Mango	

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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