

## CONGRESSIONAL SUMMER CAMP - TRAVEL CAMP - AUGUST 2014

<p><b>FAIRFAX FOOD SERVICE &amp; CATERERS</b> 703-550-1820 NEWINGTON, VIRGINIA</p>				<p style="text-align: center;"><u>August 01</u></p> <p style="text-align: center;">DESTINATION</p> <p style="text-align: center;">LUNCH</p>
<p style="text-align: center;"><u>August 04</u></p> <p><b>Classic Turkey Breast Bagel Sandwich Einstein</b> - Honey Wheat Bagel All Natural Turkey Breas, Mayo, Mustard Fresh Baby Carrots w/ Sm Kraft Ranch Dress Nacho Doritos/ Butterscotch Oatmeal Bar VEG: Bagel w/ Cream Cheese Cup</p>	<p style="text-align: center;"><u>August 05</u></p> <p><b>All Natural Ham &amp; Cheddar Sandwich</b> 100% WW Bread, Mayo, Mustard pkts Baby Carrots, Ranch Dip sm pkt Sun Chips Original/Fresh Diced Melons Otis Spunkmeyer-Oatmeal Raisin Cookie VEG: Mediterranean Box</p>	<p style="text-align: center;"><u>August 06</u></p> <p><b>All Natural Roasted Chicken Breast</b> Honey Wheat Goldfish Bread Mayo, Mustard, Lettuce, Tomato, Pickle Deli Style Macaroni Salad/ Baked Lays Dole Mixed Fruit Cup/BTN Choc Chip VEG: HW Goldfish Bread w/ Cream Cheese Spread</p>	<p style="text-align: center;"><u>August 07</u></p> <p><b>Italian Sub/Genoa, Capicola, Provolone</b> Onion, Lettuce, Tomato, Kosher Dill Pickle Kraft Italian Dressing (sm pkt) Baby Carrots, Broccoli, Cucumbers Garden Salsa SC/ Cantaloupe VEG: Provolone Sub</p>	<p style="text-align: center;"><u>August 08</u></p> <p style="text-align: center;">DESTINATION</p> <p style="text-align: center;">LUNCH</p>
<p style="text-align: center;"><u>August 11</u></p> <p><b>Tradional American Club</b> Turkey, Chicken Bacon, Cheddar on 100% Whole Wheat Mayo, Mustard, Lettuce, Tomato Lay's Potato Chips Fr: Diced Melons/Fr: Baked Brownie VEG: Fuji Apple Salad</p>	<p style="text-align: center;"><u>August 12</u></p> <p><b>All Natural Ham &amp; Cheddar Sandwich</b> 100% WW Bread, Mayo, Mustard Lettuce, Tomato, Kosher Dill Pickle Fresh Baby Carrots/Sm Ranch PC Sun Chips Original/Fresh Diced Melons Otis Spunkmeyer-Oatmeal Raisin Cookie VEG: Cheddar Cheese Sandwich</p>	<p style="text-align: center;"><u>August 13</u></p> <p><b>All Natural Roasted Chicken Breast</b> Honey Wheat Goldfish Bread Mayo, Mustard, Lettuce, Tomato Kosher Pickle Spear Deli Style Macaroni Salad/ Baked Lays Dole Mixed Fruit Cup/BTN Choc Chip VEG: HW Goldfish Bread w/ Cream Cheese Spread</p>	<p style="text-align: center;"><u>August 14</u></p> <p><b>Italian Sub/Genoa, Capicola, Provolone</b> Onion, Lettuce, Tomato, Kosher Dill Pickle Kraft Italian Dressing (sm pkt) Baby Carrots, Broccoli, Cucumbers Garden Salsa SC/ Cantaloupe VEG: Provolone Sub</p>	<p style="text-align: center;"><u>August 15</u></p> <p style="text-align: center;">DESTINATION</p> <p style="text-align: center;">LUNCH</p>
<p style="text-align: center;"><u>August 18</u></p> <p><b>Tradional American Club</b> Turkey, Chicken Bacon, Cheddar on 100% Whole Wheat Mayo, Mustard, Lettuce, Tomato Lay's Potato Chips Fr: Diced Melons/Fr: Baked Brownie VEG: Fuji Apple Salad</p>	<p style="text-align: center;"><u>August 19</u></p> <p><b>All Natural Ham &amp; Cheddar Sandwich</b> 100% WW Bread, Mayo, Mustard Lettuce, Tomato, Kosher Dill Pickle Fresh Baby Carrots/Sm Ranch PC Sun Chips Original/Fresh Diced Melons Otis Spunkmeyer-Oatmeal Raisin Cookie VEG: Cheddar Cheese Sandwich</p>	<p style="text-align: center;"><u>August 20</u></p> <p><b>All Natural Roasted Chicken Breast</b> Honey Wheat Goldfish Bread Mayo, Mustard, Lettuce, Tomato Kosher Pickle Spear Deli Style Macaroni Salad/ Baked Lays Dole Mixed Fruit Cup/BTN Choc Chip VEG: HW Goldfish Bread w/ Cream Cheese Spread</p>	<p style="text-align: center;"><u>August 21</u></p> <p><b>Italian Sub/Genoa, Capicola, Provolone</b> Onion, Lettuce, Tomato, Kosher Dill Pickle Kraft Italian Dressing (sm pkt) Baby Carrots, Broccoli, Cucumbers Garden Salsa SC/ Cantaloupe VEG: Provolone Sub</p>	<p style="text-align: center;"><u>August 22</u></p> <p style="text-align: center;">DESTINATION</p> <p style="text-align: center;">LUNCH</p>
<p style="text-align: center;"><u>August 25</u></p>	<p style="text-align: center;"><u>August 26</u></p>	<p style="text-align: center;"><u>August 27</u></p>	<p style="text-align: center;">August 28</p>	<p style="text-align: center;">August 29</p>

Portions meet CACFP requirements for 6 to 12 years olds. All alternates discussed on an individual basis as needed.

Specializing in Day Care and School Lunch Programs and Business and Office Luncheons

8 oz milk required with each meal.

## CONGRESSIONAL SUMMER CAMP - TRAVEL CAMP SNACK - AUGUST 2014

<b>FAIRFAX FOOD SERVICE &amp; CATERERS</b> 703-550-1820 NEWINGTON, VIRGINIA				<u><b>August 01</b></u> TEDDY GRAHAMS, 1EA DOLE FRUIT CUP IN JUICE
<u><b>August 04</b></u> GOLDEN DELICIOUS APPLE, 1EA CHEX MIX CHEDDAR, 1EA	<u><b>August 05</b></u> <b>Back to Nature</b> MINI CHOC CHUNK COOKIES, PKG no artificial preservative flavors, or color 0g trans fat, no hydrogenated oil 100% JUICE BOX	<u><b>August 06</b></u> WHOLE GRAIN GOLDFISH, 1EA DOLE FRUIT CUP IN JUICE	<u><b>August 07</b></u> TOSTITOS, 1EA SALSA, 1/4C 100% JUICE BOX	<u><b>August 08</b></u> <b>Back to Nature</b> MINI CHOC CHUNK COOKIES, PKG no artificial preservative flavors, or color 0g trans fat, no hydrogenated oil 1/2 PINT MILK (*2%)
<u><b>August 11</b></u> MOTT'S APPLESAUCE, 1EA MINI PRETZELS, 1EA	<u><b>August 12</b></u> GARDEN SALSA SUN CHIPS, 1EA 100% JUICE BOX	<u><b>August 13</b></u> TRAIL MIX, 3/4C DOLE FRUIT CUP IN JUICE	<u><b>August 14</b></u> ELF GRAHAMS CHOCOLATE, 1PKT 100% JUICE BOX	<u><b>August 15</b></u> RICE KRISPIE TREATS, 1ES DOLE FRUIT CUP IN JUICE
<u><b>August 18</b></u> STACY'S SIMPLY NAKED PITA CHIPS, 1EA DOLE FRUIT CUP IN JUICE	<u><b>August 19</b></u> <b>Back to Nature</b> MINI CHOC CHUNK COOKIES, PKG no artificial preservative flavors, or color 0g trans fat, no hydrogenated oil 100% JUICE BOX	<u><b>August 20</b></u> CHEX MIX CHEDDAR, 1EA DOLE FRUIT CUP IN JUICE, 1EA DOLE FRUIT CUP IN JUICE	<u><b>August 21</b></u> TOSTITOS, 1EA SALSA, 1/4C 100% JUICE BOX	<u><b>August 22</b></u> CHEX MIX CHEDDAR, 1EA 100% JUICE BOX
<u><b>August 25</b></u>	<u><b>August 26</b></u>	<u><b>August 27</b></u>	<u><b>August 28</b></u>	<u><b>August 29</b></u>

## CONGRESSIONAL SUMMER CAMP -Gluten Free -JUNE 2014

<b>FAIRFAX FOOD SERVICE &amp; CATERERS 703-550-1820 NEWINGTON, VA. 22122</b>				
	<u><b>ALL JUICE BOXES 100% JUICE</b></u>	<b>ALL BOXES W/ MAYO &amp; MUSTARD PC PACKS</b>  <b>SIDES IN INDIVIDUAL SANDWICH BAGS NOT ON SANDWICH</b>	<b>BOXES TO INCLUDE SPOONS WHEN APPROPRIATE</b>	
June 16	June 17	June 18	June 19	June 20
<b>Gluten Free UDIS Blueberry Muffin</b> Yoplait Strawberry /Banana Yogurt Land O Lakes Cheddar Cheese Stick Fresh Baby Carrots Tostito Chips Fresh Diced Melons	<b>All Natural Oven Roasted Turkey</b> Breast Sandwich on "GF" Bread Mayo Lettuce & Tomato Kettle Chips Sea Salt Fresh Diced Melons French Meadow Chocolate Chip Cookie	<b>Nacho's - V</b> Tostitos Chips & Cheese Tostitos / Ghe's Cheese Sauce Fresh Salsa, Sour Cream "Daisy" Fresh Made Guacamole Fresh Fruit Salad	<b>All Natural Cheddar Sandwich</b> <b>UDIS Whole Wheat Bread</b> Mayo Lettuce & Tomato Kettle Chips Sea Salt Dole Mixed Fruit Cup	<b>DESTINATION</b>  <b>LUNCH</b>
June 23	June 24	June 25	June 26	June 27
<b>Gluten Free UDIS Blueberry Muffin</b> Yoplait Strawberry /Banana Yogurt Land O Lakes Cheddar Cheese Stick Fresh Baby Carrots Tostito Chips Fresh Diced Melons	<b>All Natural Oven Roasted Turkey</b> Breast Sandwich on "GF" Bread Mayo Lettuce & Tomato Kettle Chips Sea Salt Fresh Diced Melons French Meadow Chocolate Chip Cookie	<b>Nacho's - V</b> Tostitos Chips & Cheese Tostitos / Ghe's Cheese Sauce Fresh Salsa, Sour Cream "Daisy" Fresh Made Guacamole Fresh Fruit Salad	<b>All Natural Cheddar Sandwich</b> <b>UDIS Whole Wheat Bread</b> Mayo Lettuce & Tomato Kettle Chips Sea Salt Dole Mixed Fruit Cup	<b>DESTINATION</b>  <b>LUNCH</b>
June 30				
<b>Gluten Free UDIS Blueberry Muffin</b> Yoplait Strawberry /Banana Yogurt Land O Lakes Cheddar Cheese Stick Fresh Baby Carrots Tostito Chips Fresh Diced Melons				

