| Fairfax Food Service | | October 2023 | LK Lunch Menu | |
|--|---|---|---|--|
| Nanday Ostahan 0 0000 | Turaday October 0,0000 | Wednesday, October 4, 0000 | Thursday, October 5, 0000 | Enders October 0 0000 |
| Monday, October 2, 2023 | Tuesday, October 3, 2023 | Wednesday, October 4, 2023 | Thursday, October 5, 2023 | Friday, October 6, 2023 |
| Swedish Beef Meatballs, 3ea | **Pizza Pasta Bake** 1/2c | WG Chicken Nuggets, 3 ea. | Cheeseburger Meatloaf, 1ea | Fish Patty on WG White Wheat Bun, 1 |
| Plain WG Brown Rice w/Cauliflower, 1/3 c | **WG Pasta/Marinara/Beef Crumbles | Macaroni & Cheese, 1/2c | Wheat Dinner Roll, 1ea | Ketchup |
| Fresh Baby Carrots, 1/4c | Chicken & Beef Pepperoni/Tomato Sauce** | Ketchup | Caesar Salad, 1/2 c | Sweet Yellow Corn, 1/4c |
| , . | | | | |
| Ranch | Shredded Mozzarella Cheese, 1/2oz | Sweet Tender Peas, 1/4c | Caesar Dressing | Peaches in Juice, 3/8 c |
| Pineapple Tidbits, 3/8c | Whole Wheat Bread, 1/2sl | Orange Wedges, 4 ea. | Parmesan Cheese | |
| · ······ | Steamed Green Beans, 1/4c | | Gala Apple, 3/8c | |
| | | | Gala Apple, 3/60 | |
| | Banana, 1/2ea | | | |
| TODS & TWOS | | TODS & TWOS | TODS & TWOS | TODS & TWOS |
| | | | | |
| Sweet Peas, 1/4c | | Mandarin Oranges, 3/8 c | Applesauce, 3/8c | Carrot Coins, 1/4c |
| Peaches in Juice, 3/8c | | | Steamed Green Beans, 1/4c | |
| | | VEG: Macaroni & Cheese, 1/2 c | | |
| VEG: Vegan Meatballs in Vegan Gravy, 2ea | VEG: Vegetarian Pizza Pasta Bake, 1/2 c | Morningstar Veggie Nuggets, 3 ea. | VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c | VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 |
| Monday, October 9, 2023 | Tuesday, October 10, 2023 | Wednesday, October 11, 2023 | Thursday, October 12, 2023 | Friday, October 13, 2023 |
| | | | | |
| Chicken Slider on Bun, 1ea | Salisbury Steak & Gravy, 1ea | GF Chicken Tender, 3 ea. | WG Spaghetti w/ Beef, Lentil Marinara, 1/2c | Boneless Chicken Wing Dings, 3e |
| Shredded Cheddar Cheese, 1/2oz | Savory Mashed Potatoes, 1/4c | Ketchup | Shredded Mozzarella, 1/2 oz | Ketchup |
| | - | | | |
| Slider Bun, 1ea | Wheat Dinner Roll, 1ea | Plain WG Brown Rice w/Cauliflower, 1/3c | Whole Wheat Bread, 1/2sl | Wheat Dinner Roll, 1ea |
| Ketchup | Red Delicious Apple, 3/8c | Fresh Baby Carrots, 1/4c | Baby Spinach, 1/2 c | Peas/Carrots/Green Beans/Corn/Lima Bean, |
| Steamed Green Beans, 1/4c | | Ranch | Ranch | |
| | 1 | | | Orange Wedges, 4 ea. |
| Mixed Peaches & Pears in Juice, 3/8c | 1 | Orange Wedges, 4 ea. | Banana, 1/2ea | |
| Indigenous Dav | 1 | TODS & TWOS | 1 | TODS & TWOS |
| mangenous buy | | | | |
| | TODS & TWOS | Carrot Coins, 1/4c | TODS & TWOS | Peas, Carrots, Green Beans, 1/4c |
| | Applesauce, 3/8c | Mandarin Oranges, 3/8 c | Sweet Peas, 1/4 c | Mandarin Oranges, 3/8 c |
| EC: Vog Slider en Bun 1 eo w/ Shred Cheese 1/2 ez | VEG: Veg Black Bean Chili 1/2 c | VEG: Refried Beans,1/2 c / Cheese,1/2 oz (side) | VEC: WC Spaghatti Marinara/Shraddad Marraralla | VEG: Morningstor Voggio Nuggoto |
| EG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz | VEG. Veg Black Bealt Chill 1/2 C | VEG. Reined Beans, 1/2 C7 Cheese, 1/2 02 (side) | VEG: WG Spaghetti Marinara/Shredded Mozzarella | VEG: Morningstar Veggie Nuggets, 5 |
| Monday, October 16, 2023 | Tuesday, October 17, 2023 | Wednesday, October 18, 2023 | Thursday, October 19, 2023 | Friday, October 20, 2023 |
| Oven Baked Chicken Patty, 1ea | WG Chicken Nuggets, 3 ea. | Beef Nacho Fiesta, 1/4 c | **Italian Beef Meatball Sub**. 1/2 ea. | Corn Dog Nuggets, 5 ea. |
| - | | | ,,, | |
| WG White Wheat Hamburger Bun, 1ea | Macaroni & Cheese, 1/2c | Shredded Cheddar Cheese, 1/2oz | **Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea. | Ketchup |
| Ketchup | Ketchup | GF Corn Tortilla Chips, 1/4c | Shredded Mozzarella Cheese, 1/2oz (2 Tbsp) | Tossed Salad w/Mixed Greens,1/2 of |
| | | | | |
| Sweet Tender Peas, 1/4c | Tossed Salad w/Mixed Greens,1/2c | Sweet Yellow Corn, 1/4c | Steamed Green Beans, 1/4c | Ranch |
| Applesauce, 3/8c | Ranch | Chilled Diced Pears, 3/8 c | Golden Delicious Apple, 3/8c | Orange Wedges, 4 ea. |
| | Banana, 1/2 ea. | | | |
| | Bunana, nº bu | | | |
| | | | | |
| | TODS & TWOS | TODS & TWOS | TODS & TWOS | TODS & TWOS |
| | Peas, Carrots, Green Beans, 1/4c | Wheat Dinner Roll, 1 ea. | Applesauce, 3/8c | Carrot Coins, 1/4c |
| | reas, Garrots, Green Dearis, 1/40 | | Applesauce, 5/00 | |
| | | Carrot Coins, 1/4c | | Mandarin Oranges, 3/8 c |
| EG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz | VEG: Macaroni & Cheese, 1/2 c | | | |
| EG: Veg Silder on Bun 1 ea. w/ Shired Cheese 1/2 oz | Morningstar Veggie Nuggets, 3 ea. | VEG: Vegetarian Nacho, 1/4 c | VEG: Italian Veggie Meatball (2 ea.) Sub,1/2 | VEG: Morningstar Veggie Nuggets, |
| Monday, October 23, 2023 | Tuesday, October 24, 2023 | Wednesday, October 25, 2023 | Thursday, October 26, 2023 | Friday, October 27, 2023 |
| | | | | |
| Teriyaki Diced Chicken, 1/3 c | Lean Beef Hamburger on Bun, 1ea | Chicken Fajitas, 1/3c | Breakfast for Lunch!! | **Meatless Baked Ziti** 1/2c |
| Plain WG Brown Rice w/Cauliflower, 1/3c | WG White Wheat Hamburger Bun, 1ea | Shredded Cheddar Cheese, 1/2oz | WG Buttermilk Pancake 1 ea. w/ | **WG Pasta, Marinara, 3 Cheese, Soy* |
| | - | Whele Wheet 6" Tertille, 1ee | | Desa/Carreta/Crean Basna/Carr/Lima Basn |
| Fresh Baby Carrots, 1/4c | Ketchup | Whole Wheat 6" Tortilla, 1ea | Chicken Sausage, 1 ea. | Peas/Carrots/Green Beans/Corn/Lima Bean |
| Ranch | Sweet Yellow Corn, 1/4c | Steamed Green Beans, 1/4c | Syrup | Wheat Dinner Roll, 1ea |
| Mixed Peaches & Pears in Juice, 3/8c | Red Delicious Apple, 3/8c | Banana, 1/2ea | Fresh Baby Carrots, 1/4c | Chilled Diced Pears, 3/8 c |
| Mixed reaches & rears in Juice, 5/00 | Red Delicious Apple, 5/60 | Danana, 1/26a | | Crimed Diced Fears, 5/0 c |
| | | | Ranch | |
| | | | Orange Wedges, 4 ea. | |
| TODO & TWOO | TODO 8 TWO0 | | | TODO 8 714/00 |
| TODS & TWOS | TODS & TWOS | | TODS & TWOS | TODS & TWOS |
| Carrot Coins, 1/4c | Steamed Green Beans, 1/4c | | Carrot Coins, 1/4c | Peas, Carrots, Green Beans, 1/4c |
| | Applesauce, 3/8c | 1 | Mandarin Oranges, 3/8 c | |
| | | | - | |
| VEG: Egg Roll 1 ea. | VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz | VEG: Chickenless Fajita Strips, 1/3 c | VEG: Morningstar Veggie Sausage, 1 ea. | VEG: Meatless Baked Ziti, 1/2c |
| Monday, October 30, 2023 | Tuesday, October 31, 2023 | Wednesday, November 1, 2023 | Thursday, November 2, 2023 | Friday, November 3, 2023 |
| | **Pizza Pasta Bake** 1/2c | | | - |
| Swedish Beef Meatballs, 3ea | Pizza Pasia Bake** 1/20 | WG Chicken Nuggets, 3 ea. | Cheeseburger Meatloaf, 1ea | Fish Patty on WG White Wheat Bun, |
| lain WG Brown Rice w/Cauliflower, 1/3 c | **WG Pasta/Marinara/Beef Crumbles | Macaroni & Cheese, 1/2c | Wheat Dinner Roll, 1ea | Ketchup |
| Fresh Baby Carrots, 1/4c | Chicken & Beef Pepperoni/Tomato Sauce** | Ketchup | Caesar Salad, 1/2 c | Sweet Yellow Corn, 1/4c |
| | | | | |
| Ranch | Shredded Mozzarella Cheese, 1/2oz | Sweet Tender Peas, 1/4c | Caesar Dressing | Peaches in Juice, 3/8 c |
| Pineapple Tidbits, 3/8c | 100% Whole Wheat Bread, 1/2sl | Orange Wedges, 4 ea. | Parmesan Cheese | |
| | | | | |
| | Steamed Green Beans, 1/4c | 1 | Gala Apple, 3/8c | |
| | Banana, 1/2ea | 1 | 1 | |
| TODS & TWOS | | TODS & TWOS | TODS & TWOS | TODS & TWOS |
| | 1 | | | |
| Sweet Peas, 1/4c | 1 | Mandarin Oranges, 3/8 c | Applesauce, 3/8c | Carrot Coins, 1/4c |
| | 1 | | Steamed Green Beans, 1/4c | |
| Peaches in Juice, 3/8c | 1 | VEG: Macaroni & Cheese, 1/2 c | | |
| Peaches in Juice, 3/8c | | | VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c | VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1 |
| | VEG: Vegetarian Pizza Pasta Bake, 1/2 c | | VEG. Black Bearls , 1/2 c & WG Blown Rice WCaulillower, 1/3 c | |
| Peaches in Juice, 3/8c /EG: Vegan Meatballs in Vegan Gravy, 2ea tions meet CACFP requirements: | | Morningstar Veggie Nuggets, 3 ea. | Į | **GF** = |
| Peaches in Juice, 3/8c FG: Vegan Meatballs in Vegan Gravy, 2ea ions meet CACFP requirements: years - 6oz. Milk required wleach meal, Port | tions 1 1/2 oz meat/meat alternative, 1/4 c vegeta | Morningstar Veggie Nuggets, 3 ea. ble, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fr | Į | Gluten Free may contain egg & or milk |
| Peaches in Juice, 3/8c FG: Vegan Meatballs in Vegan Gravy, 2ea ions meet CACFP requirements: years - 6oz. Milk required wleach meal, Port | | Morningstar Veggie Nuggets, 3 ea. ble, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fr | Į | |