Fairfax Food Service November 2023 BK Lunch Menu

Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Security Section Section 5.	Pass Para Bass, lite	WG Chicken Nuggets, 4 ea	Cheeseburger Meatloaf, 1ea	Fish Patty on Bun, 1 ea.
Pair till from the admitten; ich v	(Mic Proceditor Councilian) Countries	Macaroni & Cheese, 3/4 c	Wheat Dinner Roll, 1ea	WG White Wheat Hamburger Bun, 1ea
Franching Genera, 16te	Girlan-March Proported Constit Sarray	Ketchup	Caesar Salad, 1 c	Ketchup
Ann	Streetina Streetina Comme, tur	Sweet Tender Peas, 1/2c	Caesar Dressing	Sweet Yellow Corn, 1/2c
Promptin Takin, sile	NON White Wast Frank, 1 of	Orange Wedges, 6 ea	Parmesan Cheese	Peaches in Juice, 1/2 c
	Staumet Grave, Native		Gala Apple, 1 ea.	·
	Annes, tex			
Milit Superior Mantalo Joseph Vag Berry	Miki toppener From From From Ande, 84 s	VEG: Macaroni & Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.	VEG: Black Beans, 3/4 c & WG Brown Rice w/Cauliflower, 2/3c	VEG: Veg Slider on Bun, 2 ea.; Cheese on side
Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Chicken Slider on Bun, 2ea	Salisbury Steak & Gravy, 1ea	GF Chicken Tender, 4ea	WG Spaghetti w/ Beef & Lentils, 3/4c	Boneless Chicken Wing Dings, 4ea
Shredded Cheddar Cheese, 1oz	Savory Mashed Potatoes, 1/2c	Ketchup	Shredded Mozzarella, 1oz	Ketchup
Slider Bun, 2 ea	Wheat Dinner Roll, 1ea	Plain WG Brown Rice w/Cauliflower, 2/3 c	100% Whole Wheat Bread, 1 sl	Wheat Dinner Roll, 1ea
Ketchup	Red Delicious Apple, 1ea	Fresh Baby Carrots, 1/2c	Baby Spinach,1 c	Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c
Steamed Green Beans, 1/2c	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Ranch	Ranch	Orange Wedges, 6 ea
Mixed Peaches & Pears in Juice, 1/2c		Orange Wedges, 6ea	Banana, 1ea	3 3 7
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VEG: Vegetarian Sausage Slider, 2ea	VEG: Black Bean Chili , 3/4 c	VEG: Refried Beans(3/4c)/ Cheese (side)	VEG: WG Spaghetti Marinara(3/4c)/Mozzarella	VEG: Morningstar Veggie Nuggets, 6 ea.
Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023
Oven Baked Chicken Patty, 1ea	WG Chicken Nuggets, 4 ea.	Beef Nacho Fiesta, 1/2c	Thanksgiving Meal	Corn Dog Nuggets, 6ea
WG White Wheat Hamburger Bun, 1ea	Macaroni & Cheese, 3/4 c	Shredded Cheddar Cheese, 1oz	Roasted Turkey Breast in Gravy, 2oz sl	Ketchup
Ketchup	Ketchup	GF Corn Tortilla Chips, 1/2c	Savory Mashed Potatoes, 1/2 c	Tossed Salad w/Mixed Greens,1 c
Sweet Tender Peas, 1/2c	Tossed Salad w/Mixed Greens,1 c	Sweet Yellow Corn, 1/2c	Dinner Roll, 1ea	Ranch
Applesauce, 1/2c	Ranch	Pears in Juice, 1/2 c	Golden Delicious Apple, 1ea	Orange Wedges, 6 ea
	Banana, 1ea		Fresh Baked Chocolate Chip Cookies, 1ea	
			TODS & TWOS	
			All Natural Applesauce, 3/8c	
VEG: Veg Slider Bun, 2ea; Cheese (on side)	VEG: Macaroni & Cheese, 3/4 c	VEG: Vegetarian Nacho Fiesta, 1/2c	VEG: Veg Chickenless Strips in Veg Gravy, 2/3 c	VEG: Morningstar Veggie Nuggets, 6 ea.
	Morningstar Veggie Nuggets, 4 ea.			
Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023
Teriyaki Diced Chicken, 2/3 c	Lean Beef Hamburger on Bun, 1ea	Chicken Fajitas, 1/2c	CLOSED - THANKSGIVING	*Workers Retail 20"
Plain WG Brown Rice w/Cauliflower, 2/3 c	WG White Wheat Hamburger Bun, 1ea	Shredded Cheddar Cheese, 1oz	Wil Automiti Procedo à su sel	(MG Patter, Markowa, E Grasses, Reg.), Stile
Fresh Baby Carrots, 1/2 c	Slice Cheddar Cheese, 1ea	Whole Wheat 6" Tortilla, 2ea	Orizon Sanago, J vo.	Personantiferen Recordination from Name, tils
Ranch	Ketchup	Steamed Green Beans, 1/2c	Area .	Washing field, I am
Mixed Peaches & Pears in Juice, 1/2c	Sweet Yellow Corn, 1/2c	Banana, 1 ea	Promising Garner, 162 a	Passole Adas, 10 s
	Red Delicious Apple, 1ea		faces.	CLOSED - THANKSGIVING
VEO 5 D II 0	WEG 1/ OF 1 D O O O O	WEG 01:1 1 5 "1 01: 4/0	Groups Hedges, 6 as	
VEG: Egg Rolls, 2 ea. Monday, November 27, 2023	VEG: Veg Slider on Bun, 2 ea.; Cheese on side Tuesday, November 28, 2023	VEG: Chickenless Fajita Strips 1/2 c Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023
				Friday, December 1, 2023
Swedish Beef Meatballs, 5ea	Pizza Pasta Bake, 3/4c	WG Chicken Nuggets, 4 ea	Cheeseburger Meatloaf, 1ea	Fait Publy contilion, it is as
Plain WG Brown Rice w/Cauliflower, 2/3 c	(WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce)	Macaroni & Cheese, 3/4 c Ketchup	Wheat Dinner Roll, 1ea Caesar Salad, 1 c	NG With Make Feminope Bur. Na
Fresh Baby Carrots, 1/2c Ranch	Shredded Mozzarella Cheese, 1oz	Sweet Tender Peas, 1/2c	Caesar Salad, 1 c	Same Valencian, side
Pineapple Tidbits, 1/2c	100% Whole Wheat Bread, 1 sl	Orange Wedges, 6 ea	Parmesan Cheese	Pantonin bins till a
i maappio masia, m20	Steamed Green Beans, 1/2c		Gala Apple, 1 ea.	
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	Banana, 1ea	VEG: Macaroni & Cheese, 3/4 c	VEG: Black Beans, 3/4 c &	
VEG: Vegetarian Meatballs (3ea)w/ Veg Gravy	VEG: Vegetarian Pizza Pasta Bake, 3/4 c	Morningstar Veggie Nuggets, 4 ea.	WG Brown Rice w/Cauliflower, 2/3c	Wilde Volg States on Rev., 2 may Chemistra and Art
Portions meet CACFP requirements:				**GF** =
3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit), 1/2 oz grain equivalent. 6-12 years - 8oz milk required w/each meal,				Gluten Free may contain egg & or milk **WG** =
	ble and 1/4 c fruit (we serve 1/2c veg. 1/2 c fruit). 1 c	oz grain equivalent.	0-12 years - 002 milk required w/each meal,	**WG** = Whole Grain
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