

Fairfax Food Service

October 2020

BK Lunch Menu

<p>**NAE** <u>Never Antibiotics Ever</u></p> <p>**NO HFC** <u>Ketchup, Syrup, Breads</u></p>			<p><u>Thursday, October 1, 2020</u> NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Fresh Banana, 1ea</p>	<p><u>Friday, October 2, 2020</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 3/4c Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/2c Italian Bread, 1sl Fresh Cantaloupe, 1sl</p>
<p><u>Monday, October 5, 2020</u> Beef Meatballs & Gravy, 5ea Whole Grain Brown Rice, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Pineapple Tidbits, 1/2c</p>	<p><u>Tuesday, October 6, 2020</u> Pizza Pasta Bake, 3/4c WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1oz Steamed Green Beans, 1/2c Fresh Banana, 1ea</p>	<p><u>Wednesday, October 7, 2020</u> NAE WG Chicken Nuggets, 6ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/2c Parmesan Cheese, 1/2oz Fresh Orange Wedges, 4ea</p>	<p><u>Thursday, October 8, 2020</u> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/2c Fresh Golden Delicious Apple, 1ea</p>	<p><u>Friday, October 9, 2020</u> NAE Grilled Chicken Filet, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/2c Fresh Honey Dew Melon, 1sl</p>
<p><u>Monday, October 12, 2020</u> Chicken Slider on Bun, 2ea Fancy Shredded Cheddar Cheese, 1oz Slider Bun, 2ea No HFC Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c</p>	<p><u>Tuesday, October 13, 2020</u> GF Chicken Tender Strips, 4ea No HFC Ketchup Whole Grain Brown Rice, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Fresh Red Delicious Apple, 1ea</p>	<p><u>Wednesday, October 14, 2020</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl</p>	<p><u>Thursday, October 15, 2020</u> WG Spaghetti w/ Italian Meat Sauce Ground Turkey & Beef Crumbles, 3/4c Parmesan Cheese, 1oz Baby Spinach & Ranch, 1/2c Fresh Banana, 1ea</p>	<p><u>Friday, October 16, 2020</u> NAE Boneless Chicken Wing Dings, 4ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/2c Fresh Orange Wedges, 4ea</p>
<p><u>Monday, October 19, 2020</u> Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/2c All Natural Applesauce, 1/2c</p>	<p><u>Tuesday, October 20, 2020</u> Macaroni & Cheese w/ WG, 3/4c 100% Whole Grain Bread, 1sl Fresh Carrots & Broccoli, 1/2c Creamy Ranch Dip Fresh Banana, 1ea</p>	<p><u>Wednesday, October 21, 2020</u> Mexican Beef Nacho Fiesta, 1/2c Shredded Cheddar Cheese, 1oz GF Corn Tortilla Chips, 1/2c Sweet Yellow Corn, 1/2c Fresh Honey Dew Melon, 1sl</p>	<p><u>Thursday, October 22, 2020</u> Italian Beef Meatball Sub, 5ea Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Fresh Gala Apple, 1ea</p>	<p><u>Friday, October 23, 2020</u> <u>Breakfast for Lunch!!</u> WG Buttermilk Pancake w/Syrup, 2ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/2c Fresh Orange Wedges, 4ea</p>
<p><u>Monday, October 26, 2020</u> Roasted Teriyaki Chicken Strips, 5ea Whole Grain Brown Rice, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Mixed Peaches & Pears in Juice, 1/2c</p>	<p><u>Tuesday, October 27, 2020</u> Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Red Delicious Apple, 1ea</p>	<p><u>Wednesday, October 28, 2020</u> Turkey Corn Dog Nuggets, 6ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Fresh Orange Wedges, 4ea</p>	<p><u>Thursday, October 29, 2020</u> NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Fresh Banana, 1ea</p>	<p><u>Friday, October 30, 2020</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 3/4c Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/2c Italian Bread, 1sl Fresh Cantaloupe, 1sl</p>

6oz. Milk required w/ each meal, (8oz milk for 6 to 12yrs) (6 to 12 yrs. Portions) 2oz meat/meat alternative, 3/4c vegetable or fruit (we serve 1/2c veg, 3/8 c fruit)