

Fairfax Food Service

October 2021

BK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**NO HFC** Ketchup, Syrup, Breads</p>				<p>Friday, October 1, 2021 **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>VEG: Meatless Baked Ziti, 3/4c</p>
<p>Monday, October 4, 2021 Beef Meatballs & Gravy, 5ea Whole Grain Brown Rice, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Pineapple Tidbits, 1/2c</p> <p>VEG: Vegetarian Meatball in Veg Gravy, 3ea</p>	<p>Tuesday, October 5, 2021 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>VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, October 6, 2021 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>VEG: Morningstar Veggie Nuggets, 6ea</p>	<p>Thursday, October 7, 2021 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/2c Fresh Golden Delicious Apple, 1ea</p> <p>VEG: Vegan Black Bean Chili, 3/4c</p>	<p>Friday, October 8, 2021 Asiago Chicken Pasta w/ Spinach, 3/4c WG Pasta, Diced Tomato, Spinach Cheese Sauce Sweet Tender Peas, 1/2c Fresh Honey Dew Melon, 1sl</p> <p>VEG: Macaroni & Cheese w/ WG, 3/4c</p>
<p>Monday, October 11, 2021 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>VEG: Vegetarian Sausage Slider, 2ea</p>	<p>Tuesday, October 12, 2021 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>VEG: Vegan Refried Beans, 3/4c/Cheese (side)</p>	<p>Wednesday, October 13, 2021 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Thursday, October 14, 2021 WG Spaghetti w/ Beef & Lentil Marinara, 3/4c Parmesan Cheese, 1oz Baby Spinach & Ranch, 1/2c Fresh Banana, 1ea</p> <p>VEG: WG Spaghetti Marinara, 3/4c/Parmesan</p>	<p>Friday, October 15, 2021 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>VEG: Morningstar Veggie Nuggets, 6ea</p>
<p>Monday, October 18, 2021 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/2c All Natural Applesauce, 1/2c</p> <p>VEG: Veg Sliders w/ Shred Cheese/Slider Buns</p>	<p>Tuesday, October 19, 2021 Macaroni & Cheese w/ WG, 3/4c 100% Whole Grain Bread, 1sl Fresh Carrots & Broccoli, 1/2c Creamy Ranch Dip Fresh Banana, 1ea</p> <p>VEG: Macaroni & Cheese w/ WG, 3/4c</p>	<p>Wednesday, October 20, 2021 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>VEG: Vegetarian Nacho Fiesta, 1/2c</p>	<p>Thursday, October 21, 2021 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>VEG: Italian Veggie Meatball Sub, 3ea</p>	<p>Friday, October 22, 2021 Breakfast for Lunch!! 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>VEG: Morningstar Veggie Sausage, 2ea</p>
<p>Monday, October 25, 2021 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>VEG: Egg Rolls, 2ea</p>	<p>Tuesday, October 26, 2021 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>VEG: Veg Slider w/ Shred Cheese/Slider Buns, 2ea</p>	<p>Wednesday, October 27, 2021 Corn Dog Nuggets, 6ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/2c Creamy Ranch Dressing Fresh Orange Wedges, 4ea</p> <p>VEG: Black Beans & WG Rice</p>	<p>Thursday, October 28, 2021 NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Fresh Banana, 1ea</p> <p>VEG: Chickenless Fajita Strips, 1/2c</p>	<p>Friday, October 29, 2021 **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>VEG: Meatless Baked Ziti, 3/4c</p>

(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)

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