

Fairfax Food Service

October 2022

BK Lunch Menu

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| <p><u>Monday, October 3, 2022</u> Swedish Beef Meatballs, 5ea Plain WG Brown Rice w/Cauliflower, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Pineapple Tidbits, 1/2c VEG: Vegetarian Meatballs (3ea)w/ Veg Gravy</p> | <p><u>Tuesday, October 4, 2022</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 VEG: Vegetarian Pizza Pasta Bake</p> | <p><u>Wednesday, October 5, 2022</u> NAE WG Chicken Nuggets, 6ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/2c Parmesan Cheese, 1/2oz Fresh Orange Wedges, 4ea VEG: Morningstar Veggie Nuggets 6 ea.</p> | <p><u>Thursday, October 6, 2022</u> Italian Beef Meatball Sub,5ea Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Sweet Tender Peas, 1/2c Fresh Gala Apple, 1ea VEG: Italian Veggie Meatball(3)Sub, 1 ea.</p> | <p><u>Friday, October 7, 2022</u> WG Breaded Alaska Pollock Nuggets, 6 ea No HFC Ketchup Cheesy WG Brown Rice w/Cauliflower, 1/2c Tossed Salad w/Mixed Greens,1/2c Creamy Ranch Dressing Fresh Honeydew Melon, 1sl VEG: Black Beans & WG Cheesy Rice w/Cauliflower</p> |
| <p><u>Monday, October 10, 2022</u> NAE Chicken Slider on Bun, 2ea Fancy Shredded Cheddar Cheese, 1oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c VEG: Vegetarian Sausage Slider, 2ea</p> | <p><u>Tuesday, October 11, 2022</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Fresh Red Delicious Apple, 1ea VEG: Veg Sausage Crumbles w/Veg Gravy, 1/2c</p> | <p><u>Wednesday, October 12, 2022</u> NAE GF Chicken Tender Strips, 4ea No HFC Ketchup Plain WG Brown Rice w/Cauliflower, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Mandarin Oranges, 1/2 c VEG: Vegan Refried Beans(3/4c)/Cheese (side)</p> | <p><u>Thursday, October 13, 2022</u> WG Spaghetti w/ Beef & Lentils Marinara, 3/4c Parmesan Cheese, 1/2oz Baby Spinach & Ranch,1/2c Fresh Banana, 1ea VEG: WG Spaghetti Marinara(3/4c)/Parmesan(on side)</p> | <p><u>Friday, October 14, 2022</u> NAE Boneless Chicken Wing Dings, 4ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Fresh Orange Wedges, 4ea VEG: Morningstar Veggie Nuggets, 6 ea.</p> |
| <p><u>Monday, October 17, 2022</u> Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/2c All Natural Applesauce, 1/2c VEG: Veg Slider Bun, 2ea; Cheese (on side)</p> | <p><u>Tuesday, October 18, 2022</u> Macaroni & Cheese w/ WG, 3/4c 100% Whole Grain Bread, 1sl Tossed Salad w/Mixed Greens,1/2c Creamy Ranch Dressing Fresh Banana, 1ea VEG: Macaroni & Cheese w/ WG, 3/4c</p> | <p><u>Wednesday, October 19, 2022</u> Mexican Beef Nacho Fiesta, 1/2c Shredded Cheddar Cheese, 1oz GF Corn Tortilla Chips, 1/2c Sweet Yellow Corn, 1/2c Diced Pears, 1/2 c VEG: Vegetarian Nacho Fiesta, 1/2c</p> | <p><u>Thursday, October 20, 2022</u> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Steamed Green Beans, 1/2c Fresh Golden Delicious Apple, 1ea VEG: Black Beans, 1/2c & WG Rice,1/2c</p> | <p><u>Friday, October 21, 2022</u> <u>Breakfast for Lunch!!</u> Pancake Wrap Chicken Sausage, 6ea Syrup / 'Danimals Vanilla Yogurt (veg), 1ea Fresh Baby Carrots w/Dip, 1/2c Fresh Orange Wedges, 4ea VEG: Morningstar Veggie Sausage</p> |
| <p><u>Monday, October 24, 2022</u> Roasted Teriyaki Chicken Strips, 5 ea. Plain WG Brown Rice w/Cauliflower, 1/2c Tossed Salad w/Mixed Greens,1/2c Creamy Ranch Dressing Mixed Peaches & Pears in Juice, 1/2c VEG: Egg Rolls, 2 ea.</p> | <p><u>Tuesday, October 25, 2022</u> Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Red Delicious Apple, 1ea VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p> | <p><u>Wednesday, October 26, 2022</u> NAE Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Fresh Banana, 1ea VEG: Chickenless Fajita Strips</p> | <p><u>Thursday, October 27, 2022</u> Corn Dog Nuggets, 6ea No HFC Ketchup Sweet Yellow Corn, 1/2c Fresh Orange Wedges, 4ea VEG: Morningstar Veggie Nuggets 6 ea.</p> | <p><u>Friday, October 28, 2022</u> **Meatless Baked Ziti** WG Pasta, Marinara, 3 Cheese, Soy, 3/4c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Italian Bread, 1sl Fresh Cantaloupe, 1sl VEG: Meatless Baked Ziti, 3/4c</p> |
| <p><u>Monday, October 31, 2022</u> Swedish Beef Meatballs, 5ea Plain WG Brown Rice w/Cauliflower, 1/2c Fresh Baby Carrots w/ Ranch, 1/2c Pineapple Tidbits, 1/2c VEG: Vegetarian Meatballs w/ Veg Gravy</p> | | | | <p><u>**NAE**</u> <u>Never Antibiotics Ever</u> <u>**NO HFC**</u> <u>Ketchup, Syrup, Breads</u></p> |

6oz. Milk required w/ each meal, 3-5 yrs. (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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