

Fairfax Food Service

October 2023

BK Lunch Menu

Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023
<p><b>Swedish Beef Meatballs, 5ea</b> Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Pineapple Tidbits, 1/2c</p> <p>VEG: Vegetarian Meatballs (3ea)/ Veg Gravy</p>	<p><b>Pizza Pasta Bake, 3/4c</b> (WG Pasta/Marinara/Beef Crumbles Chicken&amp;Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1oz 100% Whole Wheat Bread, 1 sl Steamed Green Beans, 1/2c Banana, 1ea</p> <p>VEG: Vegetarian Pizza Pasta Bake, 3/4 c</p>	<p><b>WG Chicken Nuggets, 4 ea</b> <b>Macaroni &amp; Cheese, 3/4 c</b> Ketchup Sweet Tender Peas, 1/2c Orange Wedges, 6 ea</p> <p>VEG: Macaroni &amp; Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.</p>	<p><b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Caesar Salad, 1 c Caesar Dressing Parmesan Cheese Gala Apple, 1 ea.</p> <p>VEG: Black Beans, 3/4 c &amp; WG Brown Rice w/Cauliflower, 2/3c</p>	<p><b>Fish Patty on Bun, 1 ea.</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/2c Peaches in Juice, 1/2 c</p> <p>VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p>
<p><b>Monday, October 9, 2023</b></p> <p><b>Chicken Slider on Bun, 2ea</b> Shredded Cheddar Cheese, 1oz Slider Bun, 2 ea Ketchup Steamed Green Beans, 1/2c Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p><b>Indigenous Day</b></p> <p>VEG: Vegetarian Sausage Slider, 2ea</p>	<p><b>Tuesday, October 10, 2023</b></p> <p><b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Red Delicious Apple, 1ea</p> <p>VEG: Black Bean Chili , 3/4 c</p>	<p><b>Wednesday, October 11, 2023</b></p> <p><b>GF Chicken Tender, 4ea</b> Ketchup Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Orange Wedges, 6ea</p> <p>VEG: Refried Beans(3/4c)/ Cheese (side)</p>	<p><b>Thursday, October 12, 2023</b></p> <p><b>WG Spaghetti w/ Beef &amp; Lentils, 3/4c</b> Shredded Mozzarella, 1oz 100% Whole Wheat Bread, 1 sl Baby Spinach, 1 c Ranch Banana, 1ea</p> <p>VEG: WG Spaghetti Marinara(3/4c)/Mozzarella</p>	<p><b>Friday, October 13, 2023</b></p> <p><b>Boneless Chicken Wing Dings, 4ea</b> Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Orange Wedges, 6 ea</p> <p>VEG: Morningstar Veggie Nuggets, 6 ea.</p>
<p><b>Monday, October 16, 2023</b></p> <p><b>Oven Baked Chicken Patty, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/2c Applesauce, 1/2c</p> <p>VEG: Veg Slider Bun, 2ea; Cheese (on side)</p>	<p><b>Tuesday, October 17, 2023</b></p> <p><b>WG Chicken Nuggets, 4 ea.</b> <b>Macaroni &amp; Cheese, 3/4 c</b> Ketchup Tossed Salad w/Mixed Greens, 1 c Ranch Banana, 1ea</p> <p>VEG: Macaroni &amp; Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.</p>	<p><b>Wednesday, October 18, 2023</b></p> <p><b>Beef Nacho Fiesta, 1/2c</b> Shredded Cheddar Cheese, 1oz GF Corn Tortilla Chips, 1/2c Sweet Yellow Corn, 1/2c Pears in Juice, 1/2 c</p> <p>VEG: Vegetarian Nacho Fiesta, 1/2c</p>	<p><b>Thursday, October 19, 2023</b></p> <p><b>Italian Beef Meatball Sub, 5ea</b> Sub Roll, 1ea Shredded Mozzarella Cheese, 1oz Steamed Green Beans, 1/2c Golden Delicious Apple, 1ea</p> <p>VEG: Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p><b>Friday, October 20, 2023</b></p> <p><b>Corn Dog Nuggets, 6ea</b> Ketchup Tossed Salad w/Mixed Greens, 1 c Ranch Orange Wedges, 6 ea</p> <p>VEG: Morningstar Veggie Nuggets, 6 ea.</p>
<p><b>Monday, October 23, 2023</b></p> <p><b>Teriyaki Diced Chicken, 2/3 c</b> Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2 c Ranch Mixed Peaches &amp; Pears in Juice, 1/2c</p> <p>VEG: Egg Rolls, 2 ea.</p>	<p><b>Tuesday, October 24, 2023</b></p> <p><b>Lean Beef Hamburger on Bun, 1ea</b> WG White Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea Ketchup Sweet Yellow Corn, 1/2c Red Delicious Apple, 1ea</p> <p>VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p>	<p><b>Wednesday, October 25, 2023</b></p> <p><b>Chicken Fajitas, 1/2c</b> Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Banana, 1 ea</p> <p>VEG: Chickenless Fajita Strips 1/2 c</p>	<p><b>Thursday, October 26, 2023</b></p> <p><b>Breakfast for Lunch!!</b> <b>WG Buttermilk Pancake 2 ea. w/</b> Chicken Sausage, 2 ea. Syrup Fresh Baby Carrots, 1/2 c Ranch Orange Wedges, 6 ea</p> <p>VEG: Morningstar Veggie Sausage, 2 ea.</p>	<p><b>Friday, October 27, 2023</b></p> <p><b>**Meatless Baked Ziti**</b> (WG Pasta, Marinara, 3 Cheese, Soy), 3/4c Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Wheat Dinner Roll, 1 ea. Pears in Juice, 1/2 c</p> <p>VEG: Meatless Baked Ziti, 3/4c</p>
<p><b>Monday, October 30, 2023</b></p> <p><b>Swedish Beef Meatballs, 5ea</b> Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Pineapple Tidbits, 1/2c</p> <p>VEG: Vegetarian Meatballs (3ea)/ Veg Gravy</p>	<p><b>Tuesday, October 31, 2023</b></p> <p><b>Pizza Pasta Bake, 3/4c</b> (WG Pasta/Marinara/Beef Crumbles Chicken&amp;Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1oz 100% Whole Wheat Bread, 1 sl Steamed Green Beans, 1/2c Banana, 1ea</p> <p>VEG: Vegetarian Pizza Pasta Bake, 3/4 c</p>	<p><b>Wednesday, November 1, 2023</b></p> <p><b>WG Chicken Nuggets, 4 ea</b> <b>Macaroni &amp; Cheese, 3/4 c</b> Ketchup Sweet Tender Peas, 1/2c Orange Wedges, 6 ea</p> <p>VEG: Macaroni &amp; Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.</p>	<p><b>Thursday, November 2, 2023</b></p> <p><b>Cheeseburger Meatloaf, 1ea</b> Wheat Dinner Roll, 1ea Caesar Salad, 1 c Caesar Dressing Parmesan Cheese Gala Apple, 1 ea.</p> <p>VEG: Black Beans, 3/4 c &amp; WG Brown Rice w/Cauliflower, 2/3c</p>	<p><b>Friday, November 3, 2023</b></p> <p><b>Fish Patty on Bun, 1 ea.</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/2c Peaches in Juice, 1/2 c</p> <p>VEG: Veg Slider on Bun, 2 ea.; Cheese on side</p>
<p>Portions meet CACFP requirements: 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, Portions 2oz meat/meat alternative, 1/2 c vegetable and 1/4 c fruit ( we serve 1/2c veg, 1/2 c fruit), 1 oz grain equivalent.</p>				
<p>To see your Nutrislice Menu go to <a href="https://ffsfood.com">ffsfood.com</a>, Customers, Menus, scroll to find your schools name OR click link:</p>			<p><a href="https://ffsfood.com/schools-2/">https://ffsfood.com/schools-2/</a></p>	
<p>**GF** = Gluten Free may contain egg &amp; or milk **WG** = Whole Grain</p>				