

Fairfax Food Service

October 2023

LK Lunch Menu

<p><b>Monday, October 2, 2023</b>  <b>Swedish Beef Meatballs, 3ea</b>                      Plain WG Brown Rice w/Cauliflower, 1/3 c                      Fresh Baby Carrots, 1/4c                      Ranch                      Pineapple Tidbits, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Sweet Peas, 1/4c                      Peaches in Juice, 3/8c</p> <p>VEG: Vegan Meatballs in Vegan Gravy, 2ea</p>	<p><b>Tuesday, October 3, 2023</b>  <b>**Pizza Pasta Bake** 1/2c</b>                      **WG Pasta/Marinara/Beef Crumbles                      Chicken &amp; Beef Pepperoni/Tomato Sauce**                      Shredded Mozzarella Cheese, 1/2oz                      Whole Wheat Bread, 1/2sl                      Steamed Green Beans, 1/4c                      Banana, 1/2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                      Mandarin Oranges, 3/8 c</p> <p>VEG: Vegetarian Pizza Pasta Bake, 1/2 c</p>	<p><b>Wednesday, October 4, 2023</b>  <b>WG Chicken Nuggets, 3 ea.</b>  <b>Macaroni &amp; Cheese, 1/2c</b>                      Ketchup                      Sweet Tender Peas, 1/4c                      Orange Wedges, 4 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Mandarin Oranges, 3/8 c</p> <p>VEG: Macaroni &amp; Cheese, 1/2 c                      Morningstar Veggie Nuggets, 3 ea.</p>	<p><b>Thursday, October 5, 2023</b>  <b>Cheeseburger Meatloaf, 1ea</b>                      Wheat Dinner Roll, 1ea                      Caesar Salad, 1/2 c                      Caesar Dressing                      Parmesan Cheese                      Gala Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Applesauce, 3/8c                      Steamed Green Beans, 1/4c</p> <p>VEG: Black Beans , 1/2 c &amp; WG Brown Rice w/Cauliflower, 1/3 c</p>	<p><b>Friday, October 6, 2023</b>  <b>Fish Patty on WG White Wheat Bun, 1 ea.</b>                      Ketchup                      Sweet Yellow Corn, 1/4c                      Peaches in Juice, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Carrot Coins, 1/4c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>		
<p><b>Monday, October 9, 2023</b>  <b>Chicken Slider on Bun, 1ea</b>                      Shredded Cheddar Cheese, 1/2oz                      Slider Bun, 1ea                      Ketchup                      Steamed Green Beans, 1/4c                      Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>Indigenous Day</b></p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p><b>Tuesday, October 10, 2023</b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                      Savory Mashed Potatoes, 1/4c                      Wheat Dinner Roll, 1ea                      Red Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Applesauce, 3/8c</p> <p>VEG: Veg Black Bean Chili 1/2 c</p>	<p><b>Wednesday, October 11, 2023</b>  <b>GF Chicken Tender, 3 ea.</b>                      Ketchup                      Plain WG Brown Rice w/Cauliflower, 1/3c                      Fresh Baby Carrots, 1/4c                      Ranch                      Orange Wedges, 4 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Carrot Coins, 1/4c                      Mandarin Oranges, 3/8 c</p> <p>VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)</p>	<p><b>Thursday, October 12, 2023</b>  <b>WG Spaghetti w/ Beef, Lentil Marinara, 1/2c</b>                      Shredded Mozzarella, 1/2 oz                      Whole Wheat Bread, 1/2sl                      Baby Spinach, 1/2 c                      Ranch                      Banana, 1/2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                      Sweet Peas, 1/4 c</p> <p>VEG: WG Spaghetti Marinara/Shredded Mozzarella</p>	<p><b>Friday, October 13, 2023</b>  <b>Boneless Chicken Wing Dings, 3ea</b>                      Ketchup                      Wheat Dinner Roll, 1ea                      Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                      Orange Wedges, 4 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Peas, Carrots, Green Beans, 1/4c                      Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>		
<p><b>Monday, October 16, 2023</b>  <b>Oven Baked Chicken Patty, 1ea</b>                      WG White Wheat Hamburger Bun, 1ea                      Ketchup                      Sweet Tender Peas, 1/4c                      Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p><b>Tuesday, October 17, 2023</b>  <b>WG Chicken Nuggets, 3 ea.</b>  <b>Macaroni &amp; Cheese, 1/2c</b>                      Ketchup                      Tossed Salad w/Mixed Greens, 1/2c                      Ranch                      Banana, 1/2 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni &amp; Cheese, 1/2 c                      Morningstar Veggie Nuggets, 3 ea.</p>	<p><b>Wednesday, October 18, 2023</b>  <b>Beef Nacho Fiesta, 1/4 c</b>                      Shredded Cheddar Cheese, 1/2oz                      GF Corn Tortilla Chips, 1/4c                      Sweet Yellow Corn, 1/4c                      Chilled Diced Pears, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Wheat Dinner Roll, 1 ea.                      Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho, 1/4 c</p>	<p><b>Thursday, October 19, 2023</b>  <b>**Italian Beef Meatball Sub** 1/2 ea.</b>                      **Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea.                      Shredded Mozzarella Cheese, 1/2oz (2 Tbsp)                      Steamed Green Beans, 1/4c                      Golden Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Applesauce, 3/8c</p> <p>VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2</p>	<p><b>Friday, October 20, 2023</b>  <b>Corn Dog Nuggets, 5 ea.</b>                      Ketchup                      Tossed Salad w/Mixed Greens, 1/2 c                      Ranch                      Orange Wedges, 4 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Carrot Coins, 1/4c                      Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>		
<p><b>Monday, October 23, 2023</b>  <b>Teriyaki Diced Chicken, 1/3 c</b>                      Plain WG Brown Rice w/Cauliflower, 1/3c                      Fresh Baby Carrots, 1/4c                      Ranch                      Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Carrot Coins, 1/4c</p> <p>VEG: Egg Roll 1 ea.</p>	<p><b>Tuesday, October 24, 2023</b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                      WG White Wheat Hamburger Bun, 1ea                      Ketchup                      Sweet Yellow Corn, 1/4c                      Red Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Steamed Green Beans, 1/4c                      Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p><b>Wednesday, October 25, 2023</b>  <b>Chicken Fajitas, 1/3c</b>                      Shredded Cheddar Cheese, 1/2oz                      Whole Wheat 6" Tortilla, 1ea                      Steamed Green Beans, 1/4c                      Banana, 1/2ea</p> <p>VEG: Chickenless Fajita Strips, 1/3 c</p>	<p><b>Thursday, October 26, 2023</b>  <b>Breakfast for Lunch!!</b>  <b>WG Buttermilk Pancake 1 ea. w/</b>                      Chicken Sausage, 1 ea.                      Syrup                      Fresh Baby Carrots, 1/4c                      Ranch                      Orange Wedges, 4 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Carrot Coins, 1/4c                      Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Sausage, 1 ea.</p>	<p><b>Friday, October 27, 2023</b>  <b>**Meatless Baked Ziti** 1/2c</b>                      **WG Pasta, Marinara, 3 Cheese, Soy**                      Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                      Wheat Dinner Roll, 1ea                      Chilled Diced Pears, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>		
<p><b>Monday, October 30, 2023</b>  <b>Swedish Beef Meatballs, 3ea</b>                      Plain WG Brown Rice w/Cauliflower, 1/3 c                      Fresh Baby Carrots, 1/4c                      Ranch                      Pineapple Tidbits, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Sweet Peas, 1/4c                      Peaches in Juice, 3/8c</p> <p>VEG: Vegan Meatballs in Vegan Gravy, 2ea</p>	<p><b>Tuesday, October 31, 2023</b>  <b>**Pizza Pasta Bake** 1/2c</b>                      **WG Pasta/Marinara/Beef Crumbles                      Chicken &amp; Beef Pepperoni/Tomato Sauce**                      Shredded Mozzarella Cheese, 1/2oz                      100% Whole Wheat Bread, 1/2sl                      Steamed Green Beans, 1/4c                      Banana, 1/2ea</p> <p>VEG: Vegetarian Pizza Pasta Bake, 1/2 c</p>	<p><b>Wednesday, November 1, 2023</b>  <b>WG Chicken Nuggets, 3 ea.</b>  <b>Macaroni &amp; Cheese, 1/2c</b>                      Ketchup                      Sweet Tender Peas, 1/4c                      Orange Wedges, 4 ea.</p> <p><b><u>TODS &amp; TWOS</u></b>                      Mandarin Oranges, 3/8 c</p> <p>VEG: Macaroni &amp; Cheese, 1/2 c                      Morningstar Veggie Nuggets, 3 ea.</p>	<p><b>Thursday, November 2, 2023</b>  <b>Cheeseburger Meatloaf, 1ea</b>                      Wheat Dinner Roll, 1ea                      Caesar Salad, 1/2 c                      Caesar Dressing                      Parmesan Cheese                      Gala Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Applesauce, 3/8c                      Steamed Green Beans, 1/4c</p> <p>VEG: Black Beans , 1/2 c &amp; WG Brown Rice w/Cauliflower, 1/3 c</p>	<p><b>Friday, November 3, 2023</b>  <b>Fish Patty on WG White Wheat Bun, 1 ea.</b>                      Ketchup                      Sweet Yellow Corn, 1/4c                      Peaches in Juice, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b>                      Carrot Coins, 1/4c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</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).                      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)</p>					<p>**GF** =                      Gluten Free may contain egg &amp; or milk                      **WG** = Whole Grain</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>	