

Fairfax Food Service

November 2023

BK Lunch Menu

Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
		WG Chicken Nuggets, 4 ea Macaroni & Cheese, 3/4 c Ketchup Sweet Tender Peas, 1/2c Orange Wedges, 6 ea VEG: Macaroni & Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.	Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1 c Caesar Dressing Parmesan Cheese Gala Apple, 1 ea. VEG: Black Beans, 3/4 c & WG Brown Rice w/Cauliflower, 2/3c	Fish Patty on Bun, 1 ea. WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/2c Peaches in Juice, 1/2 c VEG: Veg Slider on Bun, 2 ea.; Cheese on side
Monday, November 6, 2023 Chicken Slider on Bun, 2ea Shredded Cheddar Cheese, 1oz Slider Bun, 2 ea Ketchup Steamed Green Beans, 1/2c Mixed Peaches & Pears in Juice, 1/2c VEG: Vegetarian Sausage Slider, 2ea	Tuesday, November 7, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/2c Wheat Dinner Roll, 1ea Red Delicious Apple, 1ea VEG: Black Bean Chili , 3/4 c	Wednesday, November 8, 2023 GF Chicken Tender, 4ea Ketchup Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Orange Wedges, 6ea VEG: Refried Beans(3/4c)/ Cheese (side)	Thursday, November 9, 2023 WG Spaghetti w/ Beef & Lentils, 3/4c Shredded Mozzarella, 1oz 100% Whole Wheat Bread, 1 sl Baby Spinach, 1 c Ranch Banana, 1ea VEG: WG Spaghetti Marinara(3/4c)/Mozzarella	Friday, November 10, 2023 Boneless Chicken Wing Dings, 4ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c Orange Wedges, 6 ea VEG: Morningstar Veggie Nuggets, 6 ea.
Monday, November 13, 2023 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/2c Applesauce, 1/2c VEG: Veg Slider Bun, 2ea; Cheese (on side)	Tuesday, November 14, 2023 WG Chicken Nuggets, 4 ea. Macaroni & Cheese, 3/4 c Ketchup Tossed Salad w/Mixed Greens, 1 c Ranch Banana, 1ea VEG: Macaroni & Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.	Wednesday, November 15, 2023 Beef Nacho Fiesta, 1/2c Shredded Cheddar Cheese, 1oz GF Corn Tortilla Chips, 1/2c Sweet Yellow Corn, 1/2c Pears in Juice, 1/2 c VEG: Vegetarian Nacho Fiesta, 1/2c	Thursday, November 16, 2023 Thanksgiving Meal Roasted Turkey Breast in Gravy, 2oz sl Savory Mashed Potatoes, 1/2 c Dinner Roll, 1ea Golden Delicious Apple, 1ea Fresh Baked Chocolate Chip Cookies, 1ea TODS & TWOS All Natural Applesauce, 3/8c VEG: Veg Chickenless Strips in Veg Gravy, 2/3 c	Friday, November 17, 2023 Corn Dog Nuggets, 6ea Ketchup Tossed Salad w/Mixed Greens, 1 c Ranch Orange Wedges, 6 ea VEG: Morningstar Veggie Nuggets, 6 ea.
Monday, November 20, 2023 Teriyaki Diced Chicken, 2/3 c Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2 c Ranch Mixed Peaches & Pears in Juice, 1/2c VEG: Egg Rolls, 2 ea.	Tuesday, November 21, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Slice Cheddar Cheese, 1ea Ketchup Sweet Yellow Corn, 1/2c Red Delicious Apple, 1ea VEG: Veg Slider on Bun, 2 ea.; Cheese on side	Wednesday, November 22, 2023 Chicken Fajitas, 1/2c Shredded Cheddar Cheese, 1oz Whole Wheat 6" Tortilla, 2ea Steamed Green Beans, 1/2c Banana, 1 ea VEG: Chickenless Fajita Strips 1/2 c	Thursday, November 23, 2023 CLOSED - THANKSGIVING	Friday, November 24, 2023 CLOSED - THANKSGIVING
Monday, November 27, 2023 Swedish Beef Meatballs, 5ea Plain WG Brown Rice w/Cauliflower, 2/3 c Fresh Baby Carrots, 1/2c Ranch Pineapple Tidbits, 1/2c VEG: Vegetarian Meatballs (3ea)/ Veg Gravy	Tuesday, November 28, 2023 Pizza Pasta Bake, 3/4c (WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce) Shredded Mozzarella Cheese, 1oz 100% Whole Wheat Bread, 1 sl Steamed Green Beans, 1/2c Banana, 1ea VEG: Vegetarian Pizza Pasta Bake, 3/4 c	Wednesday, November 29, 2023 WG Chicken Nuggets, 4 ea Macaroni & Cheese, 3/4 c Ketchup Sweet Tender Peas, 1/2c Orange Wedges, 6 ea VEG: Macaroni & Cheese, 3/4 c Morningstar Veggie Nuggets, 4 ea.	Thursday, November 30, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1 c Caesar Dressing Parmesan Cheese Gala Apple, 1 ea. VEG: Black Beans, 3/4 c & WG Brown Rice w/Cauliflower, 2/3c	Friday, December 1, 2023

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, Whole Grain

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. **To see your Nutrislice Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link: <https://ffsfood.com/schools-2/>**