

Fairfax Food Service

November 2020

LK Lunch Menu

<p><u>Monday, November 2, 2020</u> Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> Sweet Tender Peas/Peaches in Juice</p>	<p><u>Tuesday, November 3, 2020</u> Pizza Pasta Bake, 1/2c WG Pasta/Marinara/Beef Crumbles Chicken&Beef Pepperoni/Tomato Sauce Shredded Mozzarella Cheese, 1/2oz Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p>	<p><u>Wednesday, November 4, 2020</u> NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges / Green Beans</p>	<p><u>Thursday, November 5, 2020</u> Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Golden Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce/Carrot Coins</p>	<p><u>Friday, November 6, 2020</u> NAE Grilled Chicken Filet, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c Fresh Honey Dew Melon, 1sl <u>TODS & TWOS</u> Diced Honey Dew</p>
<p><u>Monday, November 9, 2020</u> Chicken Slider on Bun, 1ea Fancy Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c</p>	<p><u>Tuesday, November 10, 2020</u> GF Chicken Tender Strips, 3ea No HFC Ketchup Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Fresh Red Delicious Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce/Carrot Coins</p>	<p><u>Wednesday, November 11, 2020</u> Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl <u>TODS & TWOS</u> Diced Cantaloupe</p>	<p><u>Thursday, November 12, 2020</u> WG Spaghetti w/ Italian Meat Sauce Ground Turkey & Beef Crumbles, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas</p>	<p><u>Friday, November 13, 2020</u> NAE Boneless Chicken Wing Dings, 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/ Corn/Lima Beans, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges Peas, Carrots, Green Beans</p>
<p><u>Monday, November 16, 2020</u> Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p>	<p><u>Tuesday, November 17, 2020</u> Macaroni & Cheese w/ WG, 1/2c 100% Whole Grain Bread, 1/2sl Fresh Carrots & Broccoli, 1/4c Creamy Ranch Dip Fresh Banana, 1/2ea <u>TODS & TWOS</u> Peas, Carrots, Green Beans</p>	<p><u>Wednesday, November 18, 2020</u> Mexican Beef Nacho Fiesta, 1/4c Shredded Cheddar Cheese, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Fresh Honey Dew Melon, 1sl <u>TODS & TWOS</u> Wheat Dinner Roll/Carrot Coins Diced Honey Dew</p>	<p><u>Thursday, November 19, 2020</u> Italian Beef Meatball Sub, 3ea Sub Roll, 1/2ea Shredded Mozzarella Cheese, 1/2oz Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Gala Apple, 3/8c <u>TODS & TWOS</u> All Natural Applesauce/Green Beans</p>	<p><u>Friday, November 20, 2020</u> <u>Thanksgiving Meal</u> Roasted Turkey Breast in Gravy, 2oz sl Savory Mashed Potatoes, 1/4c Dinner Roll, 1ea Fresh Orange Wedges, 2ea Fresh Baked Chocolate Chip Cookies, 1ea <u>TODS & TWOS</u> Mandarin Oranges</p>
<p><u>Monday, November 23, 2020</u> Roasted Teriyaki Chicken Strips, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Mixed Peaches & Pears in Juice, 3/8c <u>TODS & TWOS</u> Carrot Coins</p>	<p><u>Tuesday, November 24, 2020</u> Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans/Applesauce</p>	<p><u>Wednesday, November 25, 2020</u> Turkey Corn Dog Nuggets, 4ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges / Sweet Peas</p>	<p><u>Thursday, November 26, 2020</u> <u>Happy Thanksgiving</u></p>	<p><u>Friday, November 27, 2020</u> <u>Happy Thanksgiving</u></p>
<p><u>Monday, November 30, 2020</u> Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> Sweet Tender Peas/Peaches in Juice</p>			<p><u>**NAE**</u> <u>Never Antibiotics Ever</u></p> <p><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)