

Fairfax Food Service

November 2021

LK Lunch Menu

<p>Monday, November 1, 2021 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 Peas / Peaches in Juice</p> <p>VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p>Tuesday, November 2, 2021 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>VEG: Vegetarian Pizza Pasta Bake</p>	<p>Wednesday, November 3, 2021 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>VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, November 4, 2021 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>VEG: Vegan Black Bean Chili</p>	<p>Friday, November 5, 2021 Asiago Chicken Pasta w/ Spinach, 1/2c WG Pasta, Diced Tomato, Spinach Cheese Sauce Sweet Tender Peas, 1/4c Fresh Honey Dew Melon, 1sl <u>TODS & TWOS</u> Diced Honey Dew</p> <p>VEG: Macaroni & Cheese w/ WG</p>
<p>Monday, November 8, 2021 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>VEG: Vegetarian Sausage Slider</p>	<p>Tuesday, November 9, 2021 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>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Wednesday, November 10, 2021 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl <u>TODS & TWOS</u> Diced Cantaloupe</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Thursday, November 11, 2021 WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea <u>TODS & TWOS</u> Sweet Peas</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, November 12, 2021 NAE Boneless Chicken Wing Dings, 3ea No HFC Ketchup/Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges Peas, Carrots, Green Beans</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, November 15, 2021 Oven Baked Chicken Patty, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Tender Peas, 1/4c All Natural Applesauce, 3/8c</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Tuesday, November 16, 2021 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>VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, November 17, 2021 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>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, November 18, 2021 <u>Thanksgiving Meal</u> Roasted Turkey Breast in Gravy, 2oz sl Savory Mashed Potatoes, 1/4c Dinner Roll, 1ea Gala Apple, 3/8c Fresh Baked Chocolate Chip Cookies, 1ea <u>TODS & TWOS</u> All Natural Applesauce</p> <p>VEG: Chickenless Strips in Veg Gravy, 1/2c</p>	<p>Friday, November 19, 2021 <u>Breakfast for Lunch!!</u> WG Buttermilk Pancake w/Syrup, 1ea Danimals Vanilla Yogurt (veg), 1ea GF Chicken Sausage Patty, 1ea Fresh Baby Carrots w/Dip, 1/4c Fresh Orange Wedges, 2ea <u>TODS & TWOS</u> Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>
<p>Monday, November 22, 2021 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>VEG: Egg Rolls</p>	<p>Tuesday, November 23, 2021 Lean Beef Hamburger on Bun, 1ea Wheat Hamburger Bun, 1ea No HFC Ketchup Sweet Yellow Corn, 1/4c Fresh Red Delicious Apple, 3/8c <u>TODS & TWOS</u> Steamed Green Beans/Applesauce</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Wednesday, November 24, 2021 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>VEG: Black Beans & WG Rice</p>	<p>Thursday, November 25, 2021</p> <p style="text-align: center;"><u>HAPPY THANKSGIVING</u></p>	<p>Friday, November 26, 2021</p> <p style="text-align: center;"><u>THANKSGIVING HOLIDAY</u></p>
<p>Monday, November 29, 2021 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 Peas / Peaches in Juice</p> <p>VEG: Vegetarian Meatballs w/ Veg Gravy</p>	<p>Tuesday, November 30, 2021 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>VEG: Vegetarian Pizza Pasta Bake</p>		<p style="text-align: center;">**NAE** Never Antibiotics Ever</p> <p style="text-align: center;">**NO HFC** Ketchup, Syrup, Breads</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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