

**Fairfax Food Service**

**October 2022**

**LK Lunch Menu**

<p><b><u>Monday, October 3, 2022</u></b>  <b>Swedish Beef Meatballs, 3ea</b>                  Plain WG Brown Rice w/Cauliflower, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Pineapple Tidbits, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  Sweet Peas, 1/4c                  Peaches in Juice, 3/8c</p> <p><b>VEG:</b> Vegetarian Meatballs w/ Veg Gravy</p>	<p><b><u>Tuesday, October 4, 2022</u></b>  <b>Pizza Pasta Bake, 1/2c</b>                  WG Pasta/Marinara/Beef Crumbles                  Chicken&amp;Beef Pepperoni/Tomato Sauce                  Shredded Mozzarella Cheese, 1/2oz                  Steamed Green Beans, 1/4c                  Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b><u>Wednesday, October 5, 2022</u></b>  <b>NAE WG Chicken Nuggets, 4ea</b>                  No HFC Ketchup                  Caesar Salad w/Romaine, Dressing, 1/4c                  Parmesan Cheese, 1/4oz                  Fresh Orange Wedges, 2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                  Green Beans, 1/4c                  Mandarin Oranges, 3/8 c</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5</p>	<p><b><u>Thursday, October 6, 2022</u></b>  <b>Italian Beef Meatball Sub,3ea</b>                  Sub Roll, 1/2ea                  Shredded Mozzarella Cheese, 1/2oz                  Sweet Tender Peas, 1/4c                  Fresh Gala Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce, 3/8 c</p> <p><b>VEG:</b> Italian Veggie Meatball Sub</p>	<p><b><u>Friday, October 7, 2022</u></b>  <b>WG Breaded Pollock Alaska Nuggets, 4 ea</b>                  No HFC Ketchup                  Cheesy WG Brown Rice w/ Cauliflower, 1/4c                  Tossed Salad w/Mixed Greens,1/4c                  Creamy Ranch Dressing                  Fresh Honeydew Melon, 1sl</p> <p><b><u>TODS &amp; TWOS</u></b>                  Carrot Coins, 1/4c                  Diced Honeydew, 3/8c</p> <p><b>VEG:</b> Black Beans &amp; WG Cheesy Rice w/Cauliflower</p>
<p><b><u>Monday, October 10, 2022</u></b>  <b>NAE Chicken Slider on Bun, 1ea</b>                  Fancy Shredded Cheddar Cheese, 1/2oz                  Slider Bun, 1ea                  No HFC Ketchup                  Steamed Green Beans, 1/4c                  Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b>VEG:</b> Vegetarian Sausage Slider, 1 ea.</p>	<p><b><u>Tuesday, October 11, 2022</u></b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                  Savory Mashed Potatoes, 1/4c                  Wheat Dinner Roll, 1ea                  Fresh Red Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce, 3/8 c</p> <p><b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy</p>	<p><b><u>Wednesday, October 12, 2022</u></b>  <b>NAE GF Chicken Tender Strips, 3 ea</b>                  No HFC Ketchup                  Plain WG Brown Rice w/Cauliflower, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Mandarin Oranges, 3/8 c</p> <p><b><u>TODS &amp; TWOS</u></b>                  Carrot Coins, 1/4c</p> <p><b>VEG:</b> Vegan Refried Beans/Cheese (side)</p>	<p><b><u>Thursday, October 13, 2022</u></b>  <b>WG Spaghetti w/ Beef &amp; Lentils</b>                  Marinara, 1/2c                  Parmesan Cheese, 1/2oz                  Baby Spinach &amp; Ranch,1/4c                  Fresh Banana, 1/2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                  Sweet Peas, 3/8 c</p> <p><b>VEG:</b> WG Spaghetti Marinara/Parmesan</p>	<p><b><u>Friday, October 14, 2022</u></b>  <b>NAE Boneless Chicken Wing Dings, 3ea</b>                  No HFC Ketchup/Wheat Dinner Roll, 1ea                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                  Fresh Orange Wedges, 2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                  Peas, Carrots, Green Beans, 1/4c                  Mandarin Oranges, 3/8 c</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5ea</p>
<p><b><u>Monday, October 17, 2022</u></b>  <b>Oven Baked Chicken Patty, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Tender Peas, 1/4c                  All Natural Applesauce, 3/8c</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b><u>Tuesday, October 18, 2022</u></b>  <b>Macaroni &amp; Cheese w/ WG, 1/2c</b>                  100% Whole Grain Bread, 1/2sl                  Tossed Salad w/Mixed Greens,1/4c                  Creamy Ranch Dressing                  Fresh Banana, 1/2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                  Peas, Carrots, Green Beans, 1/4c</p> <p><b>VEG:</b> Macaroni &amp; Cheese w/ WG</p>	<p><b><u>Wednesday, October 19, 2022</u></b>  <b>Mexican Beef Nacho Fiesta, 1/4c</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><b>VEG:</b> Vegetarian Nacho Fiesta</p>	<p><b><u>Thursday, October 20, 2022</u></b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Steamed Green Beans, 1/4c                  Fresh Golden Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  All Natural Applesauce, 3/8 c</p> <p><b>VEG:</b> Black Beans 1/2 c &amp; WG Rice, 1/4c</p>	<p><b><u>Friday, October 21, 2022</u></b>  <b><u>Breakfast for Lunch!!</u></b>  <b>Pancake Wrap Chicken Sausage, 5ea</b>                  Syrup /Danimals Vanilla Yogurt (veg), 1ea                  Fresh Baby Carrots w/Dip, 1/4c                  Fresh Orange Wedges, 2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                  Carrot Coins, 1/4c                  Mandarin Oranges, 3/8 c</p> <p><b>VEG:</b> Buttermilk Pancake, 1ea  <b>VEG:</b> Morningstar Veggie Sausage, 1 ea.</p>
<p><b><u>Monday, October 24, 2022</u></b>  <b>Roasted Teriyaki Chicken Strips, 3ea</b>                  Plain WG Brown Rice w/Cauliflower, 1/4c                  Tossed Salad w/Mixed Greens,1/4c                  Creamy Ranch Dressing                  Mixed Peaches &amp; Pears in Juice, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  Carrot Coins, 1/4c</p> <p><b>VEG:</b> Egg Rolls</p>	<p><b><u>Tuesday, October 25, 2022</u></b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup                  Sweet Yellow Corn, 1/4c                  Fresh Red Delicious Apple, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  Steamed Green Beans, 1/4c                  All Natural Applesauce, 3/8 c</p> <p><b>VEG:</b> Veg Slider w/ Shred Cheese/Slider Bun</p>	<p><b><u>Wednesday, October 26, 2022</u></b>  <b>NAE Chicken Fajitas, 1/3c</b>                  Shredded Cheddar Cheese, 1/2oz                  Whole Wheat 6" Tortilla, 1ea                  Steamed Green Beans, 1/4c                  Fresh Banana, 1/2ea</p> <p><b>VEG:</b> Chickenless Fajita Strips</p>	<p><b><u>Thursday, October 27, 2022</u></b>  <b>Corn Dog Nuggets, 5 ea</b>                  No HFC Ketchup                  Sweet Yellow Corn, 1/4c                  Fresh Orange Wedges, 2ea</p> <p><b><u>TODS &amp; TWOS</u></b>                  Carrot Coins, 1/4c                  Mandarin Oranges, 3/8 c</p> <p><b>VEG:</b> Morningstar Veggie Nuggets, 5</p>	<p><b><u>Friday, October 28, 2022</u></b>  <b>**Meatless Baked Ziti**</b>                  WG Pasta, Marinara, 3 Cheese, Soy, 1/2c                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c                  Italian Bread, 1sl                  Fresh Cantaloupe, 1sl</p> <p><b><u>TODS &amp; TWOS</u></b>                  Peas, Carrots, Green Beans, 1/4c                  Chilled Diced Pears, 3/8 c</p> <p><b>VEG:</b> Meatless Baked Ziti, 1/2c</p>
<p><b><u>Monday, October 31, 2022</u></b>  <b>Swedish Beef Meatballs, 3ea</b>                  Plain WG Brown Rice w/Cauliflower, 1/4c                  Fresh Baby Carrots w/ Ranch, 1/4c                  Pineapple Tidbits, 3/8c</p> <p><b><u>TODS &amp; TWOS</u></b>                  Sweet Peas, 1/4c                  Peaches in Juice, 3/8c</p> <p><b>VEG:</b> Vegetarian Meatballs w/ Veg Gravy</p>				<p><b><u>**NAE**</u></b>  <b><u>Never Antibiotics Ever</u></b></p> <p><b><u>**NO HFC**</u></b>  <b><u>Ketchup, Syrup, Breads</u></b></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)