

Fairfax Food Service

November 2023

LK Lunch Menu

<p><u>Monday, October 30, 2023</u></p> <p><small>Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.</small></p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c</p> <p><small>VEG: Macaroni &amp; Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</small></p>	<p><u>Tuesday, October 31, 2023</u></p> <p><small>Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.</small></p> <p><b>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c</p> <p><small>VEG: Macaroni &amp; Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</small></p>	<p><u>Wednesday, November 1, 2023</u></p> <p><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>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c</p> <p><small>VEG: Macaroni &amp; Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</small></p>	<p><u>Thursday, November 2, 2023</u></p> <p><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>TODS &amp; TWOS</b> Applesauce, 3/8c Steamed Green Beans, 1/4c</p> <p><small>VEG: Black Beans, 1/2 c &amp; WG Brown Rice w/Cauliflower, 1/3 c</small></p>	<p><u>Friday, November 3, 2023</u></p> <p><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>TODS &amp; TWOS</b> Carrot Coins, 1/4c</p> <p><small>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</small></p>	
<p><u>Monday, November 6, 2023</u></p> <p><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><small>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</small></p>	<p><u>Tuesday, November 7, 2023</u></p> <p><b>Salisbury Steak &amp; Gravy, 1ea</b> Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p><b>TODS &amp; TWOS</b> Applesauce, 3/8c</p> <p><small>VEG: Veg Black Bean Chili 1/2 c</small></p>	<p><u>Wednesday, November 8, 2023</u></p> <p><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>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p><small>VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)</small></p>	<p><u>Thursday, November 9, 2023</u></p> <p><b>WG Spaghetti w/ Beef, Lentil Marinara, 1/2c</b> Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/4 c Ranch Banana, 1/2ea</p> <p><b>TODS &amp; TWOS</b> Sweet Peas, 1/4 c</p> <p><small>VEG: WG Spaghetti Marinara/Shredded Mozzarella</small></p>	<p><u>Friday, November 10, 2023</u></p> <p><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>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p><small>VEG: Morningstar Veggie Nuggets, 5ea</small></p>	
<p><u>Monday, November 13, 2023</u></p> <p><b>Oven Baked Chicken Patty, 1ea</b> WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c</p> <p><small>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</small></p>	<p><u>Tuesday, November 14, 2023</u></p> <p><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>TODS &amp; TWOS</b> Peas, Carrots, Green Beans, 1/4c</p> <p><small>VEG: Macaroni &amp; Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</small></p>	<p><u>Wednesday, November 15, 2023</u></p> <p><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>TODS &amp; TWOS</b> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c</p> <p><small>VEG: Vegetarian Nacho, 1/4 c</small></p>	<p><u>Thursday, November 16, 2023</u></p> <p><b>Thanksgiving Meal</b> 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</p> <p><b>TODS &amp; TWOS</b> All Natural Applesauce, 3/8c</p> <p><small>VEG: Veg Chickenless Strips in Veg Gravy, 1/2 c</small></p>	<p><u>Friday, November 17, 2023</u></p> <p><b>Corn Dog Nuggets, 5 ea.</b> Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea.</p> <p><b>TODS &amp; TWOS</b> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p><small>VEG: Morningstar Veggie Nuggets, 5</small></p>	
<p><u>Monday, November 20, 2023</u></p> <p><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>TODS &amp; TWOS</b> Carrot Coins, 1/4c</p> <p><small>VEG: Egg Roll 1 ea.</small></p>	<p><u>Tuesday, November 21, 2023</u></p> <p><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>TODS &amp; TWOS</b> Steamed Green Beans, 1/4c Applesauce, 3/8c</p> <p><small>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</small></p>	<p><u>Wednesday, November 22, 2023</u></p> <p><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><small>VEG: Chickenless Fajita Strips, 1/3 c</small></p>	<p><u>Thursday, November 23, 2023</u></p> <p><b>CLOSED - THANKSGIVING</b></p>	<p><u>Friday, November 24, 2023</u></p> <p><b>CLOSED - THANKSGIVING</b></p>	
<p><u>Monday, November 27, 2023</u></p> <p><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>TODS &amp; TWOS</b> Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p><small>VEG: Vegan Meatballs in Vegan Gravy, 2ea</small></p>	<p><u>Tuesday, November 28, 2023</u></p> <p><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><small>VEG: Vegetarian Pizza Pasta Bake, 1/2 c</small></p>	<p><u>Wednesday, November 29, 2023</u></p> <p><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>TODS &amp; TWOS</b> Mandarin Oranges, 3/8 c</p> <p><small>VEG: Macaroni &amp; Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</small></p>	<p><u>Thursday, November 30, 2023</u></p> <p><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>TODS &amp; TWOS</b> Applesauce, 3/8c Steamed Green Beans, 1/4c</p> <p><small>VEG: Black Beans, 1/2 c &amp; WG Brown Rice w/Cauliflower, 1/3 c</small></p>	<p><u>Friday, December 1, 2023</u></p> <p><small>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</small></p>	
<p><b>Portions meet CACFP requirements:</b></p> <p>3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz</p> <p>meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit).</p> <p>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><b>**GF** =</b> Gluten Free may contain egg &amp; or milk <b>**WG** =</b> Whole Grain</p>
<p><b>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:</b></p>					<p><a href="https://ffsfood.com/schools-2/">https://ffsfood.com/schools-2/</a></p>