

Fairfax Food Service

October 2021

Tyson's - MCLEAN LK Lunch Menu

<p>**NAE** Never Antibiotics Ever</p> <p>**NO HFC** Ketchup, Syrup, Breads</p>				<p>Friday, October 1, 2021 Cheese Pizza, 1sl Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Cantaloupe, 1sl TODS & TWOS Peas, Carrots, Green Beans Diced Cantaloupe</p> <p>VEG: Cheese Pizza</p>
<p>Monday, October 4, 2021 Beef Meatballs & Gravy, 3ea Whole Grain Brown Rice, 1/4c Fresh Baby Carrots w/ Ranch, 1/4c Pineapple Tidbits, 3/8c TODS & TWOS Sweet Tender Peas/Peaches in Juice</p> <p>VEG: Vegetarian Meatball in Veg Gravy</p>	<p>Tuesday, October 5, 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, October 6, 2021 NAE WG Chicken Nuggets, 4ea No HFC Ketchup Caesar Salad w/Romaine, Dressing, 1/4c Parmesan Cheese, 1/4oz Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges / Green Beans</p> <p>VEG: Black Beans & WG Rice</p>	<p>Thursday, October 7, 2021 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Sweet Yellow Corn, 1/4c Fresh Golden Delicious Apple, 3/8c TODS & TWOS All Natural Applesauce/Carrot Coins</p> <p>VEG: Vegan Black Bean Chili</p>	<p>Friday, October 8, 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 TODS & TWOS Diced Honey Dew</p> <p>VEG: Macaroni & Cheese w/ WG</p>
<p>Monday, October 11, 2021</p> <p><small>Chicken Slider on Bun, 1ea Fancy Cheddar Cheddar Cheese, 1/2oz Slider Bun, 1ea No HFC Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c</small></p> <p>INDIGENOUS DAY</p> <p><small>VEG: Vegetarian Sausage Slider</small></p>	<p>Tuesday, October 12, 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 TODS & TWOS All Natural Applesauce/Carrot Coins</p> <p>VEG: Vegan Refried Beans/Cheese (side)</p>	<p>Wednesday, October 13, 2021 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Fresh Cantaloupe, 1sl TODS & TWOS Diced Cantaloupe</p> <p>VEG: Veg Sausage Crumbles w/Veg Gravy</p>	<p>Thursday, October 14, 2021 WG Spaghetti w/ Beef & Lentils Marinara, 1/2c Parmesan Cheese, 1/2oz Baby Spinach & Ranch, 1/4c Fresh Banana, 1/2ea TODS & TWOS Sweet Peas</p> <p>VEG: WG Spaghetti Marinara/Parmesan</p>	<p>Friday, October 15, 2021 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 TODS & TWOS Mandarin Oranges Peas, Carrots, Green Beans VEG: Morningstar Veggie Nuggets</p>
<p>Monday, October 18, 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, October 19, 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 TODS & TWOS Peas, Carrots, Green Beans</p> <p>VEG: Macaroni & Cheese w/ WG</p>	<p>Wednesday, October 20, 2021 Mexican Beef Nacho Fiesta, 1/4 c Shredded Cheddar Cheese, 1/2 oz GF Corn Tortilla Chips, 1/4 c Sweet Yellow Corn, 1/4 Fresh Honey Dew Melon, 1 sl TODS & TWOS Wheat Dinner Roll/ Carrot Coins Diced Honey Dew VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, October 21, 2021 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 TODS & TWOS All Natural Applesauce VEG: Italian Veggie Meatball Sub</p>	<p>Friday, October 22, 2021 Breakfast for Lunch! 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 TODS & TWOS Mandarin Oranges / Carrot Coins VEG: Morningstar Veggie Sausage</p>
<p>Monday, October 25, 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 TODS & TWOS Carrot Coins</p> <p>VEG: Egg Rolls</p>	<p>Tuesday, October 26, 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 TODS & TWOS Steamed Green Beans/Applesauce</p> <p>VEG: Veg Slider w/ Shred Cheese/Slider Bun</p>	<p>Wednesday, October 27, 2021 Corn Dog Nuggets, 4ea No HFC Ketchup Tossed Salad w/Mixed Greens, 1/4c Creamy Ranch Dressing Fresh Orange Wedges, 2ea TODS & TWOS Mandarin Oranges / Sweet Peas</p> <p>VEG: Morningstar Veggie Nuggets</p>	<p>Thursday, October 28, 2021 NAE Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Fresh Banana, 1/2ea</p> <p>VEG: Chickenless Fajita Strips</p>	<p>Friday, October 29, 2021 Cheese Pizza, 1sl Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Fresh Cantaloupe, 1sl TODS & TWOS Peas, Carrots, Green Beans Diced Cantaloupe</p> <p>VEG: Cheese Pizza</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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