Fairfax Food Service — November 2021 — Tysons- Springhill LK Lunch Menu

Monday, November 1, 2021	Tuesday, November 2, 2021	Wednesday, November 3, 2021	Thursday, November 4, 2021	Friday, November 5, 2021
Beef Meatballs & Gravy, 3ea	**Pizza Pasta Bake, 1/2c**	**NAE WG Chicken Nuggets, 4ea**	**Cheeseburger Meatloaf, 1ea**	**Asiago Chicken Pasta w/ Spinach, 1/2c**
Whole Grain Brown Rice, 1/4c	WG Pasta/Marinara/Beef Crumbles	No HFC Ketchup	Wheat Dinner Roll, 1ea	WG Pasta, Diced Tomato, Spinach
Fresh Baby Carrots w/ Ranch, 1/4c	Chicken&Beef Pepperoni/Tomato Sauce	Caesar Salad w/Romaine, Dressing, 1/4c	Sweet Yellow Corn, 1/4c	Cheese Sauce
Pineapple Tidbits, 3/8c	Shredded Mozzarella Cheese, 1/2oz	Parmesan Cheese, 1/4oz	Fresh Golden Delicious Apple, 3/8c	Sweet Tender Peas, 1/4c
TODS & TWOS	Steamed Green Beans, 1/4c	Fresh Orange Wedges, 2ea	***TODS & TWOS***	Fresh Honey Dew Melon, 1sl
Sweet Tender Peas/Peaches in Juice	Fresh Banana, 1/2ea	***TODS & TWOS***	All Natural Applesauce/Carrot Coins	***TODS & TWOS***
		Mandarin Oranges / Green Beans		Diced Honey Dew
VEG: Vegetarian Meatball in Veg Gravy	**VEG:** Vegetarian Pizza Pasta Bake	**VEG:** Black Beans & WG Rice	**VEG:** Vegan Black Bean Chili	**VEG:** Macaroni & Cheese w/ WG
Monday, November 8, 2021	**Tuesday, November 9, 2021**	**Wednesday, November 10, 2021**	**Thursday, November 11, 2021**	**Friday, November 12, 2021**
Chicken Slider on Bun, 1ea	**GF Chicken Tender Strips, 3ea**	**Salisbury Steak & Gravy, 1ea**	**WG Spaghetti w/ Beef & Lentils**	**NAE Boneless Chicken Wing Dings, 3ea**
Fancy Shredded Cheddar Cheese, 1/2oz	No HFC Ketchup	Savory Mashed Potatoes, 1/4c	Marinara, 1/2c	No HFC Ketchup/Wheat Dinner Roll, 1ea
Slider Bun, 1ea	Whole Grain Brown Rice, 1/4c	Wheat Dinner Roll, 1ea	Parmesan Cheese, 1/2oz	Peas/Carrots/Green Beans/
No HFC Ketchup	Fresh Baby Carrots w/ Ranch, 1/4c	Fresh Cantaloupe, 1sl	Baby Spinach & Ranch,1/4c	Corn/Lima Beans,1/4c
Steamed Green Beans, 1/4c	Fresh Red Delicious Apple, 3/8c	***TODS & TWOS***	Fresh Banana, 1/2ea	Fresh Orange Wedges, 2ea
Mixed Peaches & Pears in Juice, 3/8c	***TODS & TWOS***	Diced Cantaloupe	***TODS & TWOS***	***TODS & TWOS***
	All Natural Applesauce/Carrot Coins		Sweet Peas	Mandarin Oranges
				Peas, Carrots, Green Beans
VEG: Vegetarian Sausage Slider	**VEG:** Vegan Refried Beans/Cheese (side)	**VEG:** Veg Sausage Crumbles w/Veg Gravy	**VEG:** WG Spaghetti Marinara/Parmesan	**VEG:** Morningstar Veggie Nuggets
Monday, November 15, 2021	**Tuesday, November 16, 2021**	**Wednesday, November 17, 2021**	**Thursday, November 18, 2021**	**Friday, November 19, 2021**
Oven Baked Chicken Patty, 1ea	**Macaroni & Cheese w/ WG, 1/2c**	**Mexican Beef Nacho Fiesta, 1/4 c**	***Thanksgiving Meal***	**Breakfast for Lunch!!**
Wheat Hamburger Bun, 1ea	100% Whole Grain Bread, 1/2sl	Shredded Cheddar Cheese, 1/2 oz	Roasted Turkey Breast in Gravy, 2oz sl	WG Buttermilk Pancake w/Syrup, 1ea
No HFC Ketchup	Fresh Carrots & Broccoli, 1/4c	GF Corn Tortilla Chips, 1/4 c	Savory Mashed Potatoes, 1/4c	Danimals Vanilla Yogurt (veg), 1ea
Sweet Tender Peas, 1/4c	Creamy Ranch Dip	Sweet Yellow Corn, 1/4	Dinner Roll, 1ea	GF Chicken Sausage Patty, 1ea
All Natural Applesauce, 3/8c	Fresh Banana, 1/2ea	Fresh Honey Dew Melon, 1 sl	Gala Apple, 3/8c	Fresh Baby Carrots w/Dip, 1/4c
	TODS & TWOS	***TODS & TWOS***	Fresh Baked Chocolate Chip Cookies, 1ea	Fresh Orange Wedges, 2ea
	Peas, Carrots, Green Beans	Wheat Dinner Roll/ Carrot Coins	***TODS & TWOS***	***TODS & TWOS***
		Diced Honey Dew	All Natural Appleasauce	Mandarin Oranges / Carrot Coins
VEG: Veg Slider w/ Shred Cheese/Slider Bun	**VEG:** Macaroni & Cheese w/ WG	**VEG:** Vegetarian Nacho Fiesta	**VEG:** Chickenless Strips in Veg Gravy, 1/2c	**VEG:** Morningstar Veggie Sausage
Monday, November 22, 2021	**Tuesday, November 23, 2021**	**Wednesday, November 24, 2021**	**Thursday, November 25, 2021**	**Friday, November 26, 2021**
Roasted Teriyaki Chicken Strips, 3ea	**Lean Beef Hamburger on Bun, 1ea**	**Corn Dog Nuggets, 4ea**		
Whole Grain Brown Rice, 1/4c	Wheat Hamburger Bun, 1ea	No HFC Ketchup		
Fresh Baby Carrots w/ Ranch, 1/4c	No HFC Ketchup	Tossed Salad w/Mixed Greens,1/4c		
Mixed Peaches & Pears in Juice, 3/8c	Sweet Yellow Corn, 1/4c	Creamy Ranch Dressing		
TODS & TWOS	Fresh Red Delicious Apple, 3/8c	Fresh Orange Wedges, 2ea		
Carrot Coins	***TODS & TWOS***	***TODS & TWOS***		
	Steamed Green Beans/Applesauce	Mandarin Oranges / Sweet Peas	***HAPPY THANKSGIVING***	***THANKSGIVING HOLIDAY***
VEG: Vegetarian Nacho Fiesta	**VEG:** Veg Slider w/ Shred Cheese/Slider Bun	**VEG:** Morningstar Veggie Nuggets		
Monday, November 29, 2021	**Tuesday, November 30, 2021**			
Beef Meatballs & Gravy, 3ea	**Pizza Pasta Bake, 1/2c**			
Whole Grain Brown Rice, 1/4c	WG Pasta/Marinara/Beef Crumbles			
Fresh Baby Carrots w/ Ranch, 1/4c	Chicken&Beef Pepperoni/Tomato Sauce			
Pineapple Tidbits, 3/8c	Shredded Mozzarella Cheese, 1/2oz			
TODS & TWOS	Steamed Green Beans, 1/4c			
Sweet Tender Peas/Peaches in Juice	Fresh Banana, 1/2ea		****NAE****	
			Never Antibiotics Ever	
			****NO HFC****	
			Ketchup, Syrup, Breads	
VEG: Vegetarian Meatball in Veg Gravy	**VEG:** Vegetarian Pizza Pasta Bake			

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)

Click link to see NEW Nutrislice Menus https://tysonscornerchildrenscenter.nutrislice.com/