

Fairfax Food Service

October 2022

Tyson's - McLean LK Lunch Menu

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

[Click link to see NEW Nutrislice Menus](#)

<https://tysonscornerchildrenscenter.nutrislice.com/>