

Fairfax Food Service

October 2023

Tyson's - McLean LK Lunch Menu

Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023
<p>Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegan Meatballs in Vegan Gravy, 2ea</p>	<p>**Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>VEG: Vegetarian Pizza Pasta Bake, 1/2 c</p>	<p>WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.</p> <p>TODS & TWOS Mandarin Oranges, 3/8 c</p> <p>VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</p>	<p>Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>	<p>Pizza Day! Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Cheese Pizza, 1sl</p>
<p>Monday, October 9, 2023</p> <p>Indigenous Day</p>	<p>Tuesday, October 10, 2023 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice, 1/3 c</p>	<p>Wednesday, October 11, 2023 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)</p>	<p>Thursday, October 12, 2023 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea</p> <p>TODS & TWOS Sweet Peas, 1/4 c</p> <p>VEG: WG Spaghetti Marinara/Shredded Mozzarella</p>	<p>Friday, October 13, 2023 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4 ea.</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5ea</p>
<p>Monday, October 16, 2023 Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Tuesday, October 17, 2023 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Tossed Salad w/Mixed Greens, 1/2c Ranch Banana, 1/2 ea.</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</p>	<p>Wednesday, October 18, 2023 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</p> <p>TODS & TWOS Wheat Dinner Roll, 1 ea. (Tortilla Chips) Carrot Coins, 1/4c (Corn)</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Thursday, October 19, 2023 **Italian Beef Meatball Sub**, 1/2 ea. **Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea. Shredded Mozzarella Cheese, 1/2oz (2 Tbsp) Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c</p> <p>VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2</p>	<p>Friday, October 20, 2023 Corn Dog Nuggets, 5 ea. Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea.</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Nuggets, 5</p>
<p>Monday, October 23, 2023 Teriyaki Diced Chicken, 1/3 c Plain WG Brown Rice w/Cauliflower, 1/3c Tossed Salad w/Mixed Greens, 1/2 c Ranch Mixed Peaches & Pears in Juice, 3/8c</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Vegetarian Nacho Fiesta</p>	<p>Tuesday, October 24, 2023 Lean Beef Hamburger on Bun, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p>TODS & TWOS Steamed Green Beans, 1/4c Applesauce, 3/8c</p> <p>VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz</p>	<p>Wednesday, October 25, 2023 Chicken Fajitas, 1/3c Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>TODS & TWOS Wheat Dinner Roll, 1ea</p> <p>VEG: Chickenless Fajita Strips, 1/3 c</p>	<p>Thursday, October 26, 2023 Breakfast for Lunch!! WG Buttermilk Pancake 1 ea. w/ Chicken Sausage, 1 ea. Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.</p> <p>TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c</p> <p>VEG: Morningstar Veggie Sausage, 1 ea.</p>	<p>Friday, October 27, 2023 **Meatless Baked Ziti** 1/2c **WG Pasta, Marinara, 3 Cheese, Soy** Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Wheat Dinner Roll, 1ea Chilled Diced Peas, 3/8 c</p> <p>TODS & TWOS Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, October 30, 2023 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p>TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Vegan Meatballs in Vegan Gravy, 2ea</p>	<p>Tuesday, October 31, 2023 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p>VEG: Vegetarian Pizza Pasta Bake, 1/2 c</p>	<p>Wednesday, November 1, 2023 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.</p> <p>TODS & TWOS Mandarin Oranges, 3/8 c</p> <p>VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.</p>	<p>Thursday, November 2, 2023 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c</p> <p>TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c</p> <p>VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c</p>	<p>Friday, November 3, 2023 Pizza Day! Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c</p> <p>TODS & TWOS Carrot Coins, 1/4c</p> <p>VEG: Cheese Pizza, 1sl</p>
<p>Portions meet CACFP requirements: 3-5 years - 6oz. Milk required w/each meal, Portions 1 1/2 oz meat/meat alternative, 1/4 c vegetable, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fruit). 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>**GF** = Gluten Free may contain egg & or milk **WG** = Whole Grain</p>
<p>To see your Nutrislice Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link:</p>		<p>https://ffsfood.com/schools-2/</p>	<p>https://tysonscornerchildrenscenter.nutrislice.com/</p>	
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