

Fairfax Food Service

November 2023

Tyson's - McLean LK Lunch Menu

| Monday, October 30, 2023  | Tuesday, October 31, 2023  | Wednesday, November 1, 2023  | Thursday, November 2, 2023  | Friday, November 3, 2023  |
|---|--|--|---|---|
|   |  | <b>WG Chicken Nuggets, 3 ea.</b><br><b>Macaroni &amp; Cheese, 1/2c</b><br>Ketchup<br>Sweet Tender Peas, 1/4c<br>Orange Wedges, 4 ea.<br><br><b>TODS &amp; TWOS</b><br>Mandarin Oranges, 3/8 c<br><br><b>VEG:</b> Macaroni & Cheese, 1/2 c<br>Morningstar Veggie Nuggets, 3 ea.   | <b>Cheeseburger Meatloaf, 1ea</b><br>Wheat Dinner Roll, 1ea<br>Caesar Salad, 1/2 c<br>Caesar Dressing<br>Parmesan Cheese<br>Gala Apple, 3/8c<br><br><b>TODS &amp; TWOS</b><br>Applesauce, 3/8c<br>Steamed Green Beans, 1/4c<br><br><b>VEG:</b> Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c  | <b>Pizza Day!</b><br><b>Cheese Pizza, 1sl</b><br>Sweet Yellow Corn, 1/4c<br>Peaches in Juice, 3/8 c<br><br><b>TODS &amp; TWOS</b><br>Carrot Coins, 1/4c<br><br><b>VEG:</b> Cheese Pizza, 1sl  |
| <b>Monday, November 6, 2023</b><br><b>Chicken Slider on Bun, 1ea</b><br>Shredded Cheddar Cheese, 1/2oz<br>Slider Bun, 1ea<br>Ketchup<br>Steamed Green Beans, 1/4c<br>Mixed Peaches & Pears in Juice, 3/8c<br><br><b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz   | <b>Tuesday, November 7, 2023</b><br><b>Salisbury Steak &amp; Gravy, 1ea</b><br>Savory Mashed Potatoes, 1/4c<br>Wheat Dinner Roll, 1ea<br>Red Delicious Apple, 3/8c<br><br><b>TODS &amp; TWOS</b><br>Applesauce, 3/8c<br><br><b>VEG:</b> Veg Black Bean Chili 1/2 c w/ Cauliflower Rice, 1/3 c  | <b>Wednesday, November 8, 2023</b><br><b>GF Chicken Tender, 3 ea.</b><br>Ketchup<br>Plain WG Brown Rice w/Cauliflower, 1/3c<br>Fresh Baby Carrots, 1/4c<br>Ranch<br>Orange Wedges, 4 ea.<br><br><b>TODS &amp; TWOS</b><br>Carrot Coins, 1/4c<br>Mandarin Oranges, 3/8 c<br><br><b>VEG:</b> Refried Beans, 1/2 c / Cheese, 1/2 oz (side)            | <b>Thursday, November 9, 2023</b><br><b>WG Spaghetti w/ Beef, Lentil Marinara, 1/2c</b><br>Shredded Mozzarella, 1/2 oz<br>Whole Wheat Bread, 1/2sl<br>Baby Spinach, 1/2 c<br>Ranch<br>Banana, 1/2ea<br><br><b>TODS &amp; TWOS</b><br>Sweet Peas, 1/4 c<br><br><b>VEG:</b> WG Spaghetti Marinara/Shredded Mozzarella                                     | <b>Friday, November 10, 2023</b><br><b>Boneless Chicken Wing Dings, 3ea</b><br>Ketchup<br>Wheat Dinner Roll, 1ea<br>Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c<br>Orange Wedges, 4 ea.<br><br><b>TODS &amp; TWOS</b><br>Peas, Carrots, Green Beans, 1/4c<br>Mandarin Oranges, 3/8 c<br><br><b>VEG:</b> Morningstar Veggie Nuggets, 5ea |
| <b>Monday, November 13, 2023</b><br><b>Oven Baked Chicken Patty, 1ea</b><br>WG White Wheat Hamburger Bun, 1ea<br>Ketchup<br>Sweet Tender Peas, 1/4c<br>Applesauce, 3/8c<br><br><b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz   | <b>Tuesday, November 14, 2023</b><br><b>WG Chicken Nuggets, 3 ea.</b><br><b>Macaroni &amp; Cheese, 1/2c</b><br>Ketchup<br>Tossed Salad w/Mixed Greens, 1/2c<br>Ranch<br>Banana, 1/2 ea.<br><br><b>TODS &amp; TWOS</b><br>Peas, Carrots, Green Beans, 1/4c<br><br><b>VEG:</b> Macaroni & Cheese, 1/2 c<br>Morningstar Veggie Nuggets, 3 ea. | <b>Wednesday, November 15, 2023</b><br><b>Beef Nacho Fiesta, 1/4c</b><br>Shredded Cheddar Cheese, 1/2oz<br>GF Corn Tortilla Chips, 1/4c<br>Sweet Yellow Corn, 1/4c<br>Chilled Diced Peas, 3/8 c<br><br><b>TODS &amp; TWOS</b><br>Wheat Dinner Roll, 1 ea. (Tortilla Chips)<br>Carrot Coins, 1/4c (Corn)<br><br><b>VEG:</b> Vegetarian Nacho Fiesta | <b>Thursday, November 16, 2023</b><br><b>Thanksgiving Meal</b><br>Roasted Turkey Breast in Gravy, 2oz sl<br>Savory Mashed Potatoes, 1/4c<br>Dinner Roll, 1ea<br>Gala Apple, 3/8c<br>Fresh Baked Chocolate Chip Cookies, 1ea<br><br><b>TODS &amp; TWOS</b><br>All Natural Applesauce, 3/8c<br><br><b>VEG:</b> Veg Chickenless Strips in Veg Gravy, 1/2 c | <b>Friday, November 17, 2023</b><br><b>Corn Dog Nuggets, 5 ea.</b><br>Ketchup<br>Tossed Salad w/Mixed Greens, 1/2 c<br>Ranch<br>Orange Wedges, 4 ea.<br><br><b>TODS &amp; TWOS</b><br>Carrot Coins, 1/4c<br>Mandarin Oranges, 3/8 c<br><br><b>VEG:</b> Morningstar Veggie Nuggets, 5  |
| <b>Monday, November 20, 2023</b><br><b>Teriyaki Diced Chicken, 1/3 c</b><br>Plain WG Brown Rice w/Cauliflower, 1/3c<br>Tossed Salad w/Mixed Greens, 1/2 c<br>Ranch<br>Mixed Peaches & Pears in Juice, 3/8c<br><br><b>TODS &amp; TWOS</b><br>Carrot Coins, 1/4c<br><br><b>VEG:</b> Vegetarian Nacho Fiesta             | <b>Tuesday, November 21, 2023</b><br><b>Lean Beef Hamburger on Bun, 1ea</b><br>WG White Wheat Hamburger Bun, 1ea<br>Ketchup<br>Sweet Yellow Corn, 1/4c<br>Red Delicious Apple, 3/8c<br><br><b>TODS &amp; TWOS</b><br>Steamed Green Beans, 1/4c<br>Applesauce, 3/8c<br><br><b>VEG:</b> Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz       | <b>Wednesday, November 22, 2023</b><br><b>Chicken Fajitas, 1/3c</b><br>Shredded Cheddar Cheese, 1/2oz<br>Whole Wheat 6" Tortilla, 1ea<br>Steamed Green Beans, 1/4c<br>Banana, 1/2ea<br><br><b>TODS &amp; TWOS</b><br>Wheat Dinner Roll, 1ea<br><br><b>VEG:</b> Chickenless Fajita Strips, 1/3 c  | <b>Thursday, November 23, 2023</b><br><b>CLOSED - THANKSGIVING</b>  | <b>Friday, November 24, 2023</b><br><b>CLOSED - THANKSGIVING</b>  |
| <b>Monday, November 27, 2023</b><br><b>Swedish Beef Meatballs, 3ea</b><br>Plain WG Brown Rice w/Cauliflower, 1/3 c<br>Fresh Baby Carrots, 1/4c<br>Ranch<br>Pineapple Tidbits, 3/8c<br><br><b>TODS &amp; TWOS</b><br>Sweet Peas, 1/4c<br>Peaches in Juice, 3/8c<br><br><b>VEG:</b> Vegan Meatballs in Vegan Gravy, 2ea | <b>Tuesday, November 28, 2023</b><br><b>**Pizza Pasta Bake** 1/2c</b><br><b>**WG Pasta/Marinara/Beef Crumbles</b><br>Chicken & Beef Pepperoni/Tomato Sauce**<br>Shredded Mozzarella Cheese, 1/2oz<br>Whole Wheat Bread, 1/2sl<br>Steamed Green Beans, 1/4c<br>Banana, 1/2ea<br><br><b>VEG:</b> Vegetarian Pizza Pasta Bake, 1/2 c          | <b>Wednesday, November 29, 2023</b><br><b>WG Chicken Nuggets, 3 ea.</b><br><b>Macaroni &amp; Cheese, 1/2c</b><br>Ketchup<br>Sweet Tender Peas, 1/4c<br>Orange Wedges, 4 ea.<br><br><b>TODS &amp; TWOS</b><br>Mandarin Oranges, 3/8 c<br><br><b>VEG:</b> Macaroni & Cheese, 1/2 c<br>Morningstar Veggie Nuggets, 3 ea.                              | <b>Thursday, November 30, 2023</b><br><b>Cheeseburger Meatloaf, 1ea</b><br>Wheat Dinner Roll, 1ea<br>Caesar Salad, 1/2 c<br>Caesar Dressing<br>Parmesan Cheese<br>Gala Apple, 3/8c<br><br><b>TODS &amp; TWOS</b><br>Applesauce, 3/8c<br>Steamed Green Beans, 1/4c<br><br><b>VEG:</b> Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c            | <b>Friday, December 1, 2023</b>   |

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)

\*\*GF\*\* =  
 Gluten Free may contain egg & or milk  
 \*\*WG\*\* = Whole Grain

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