Fairfax Food Service		November 2023	Tysons - Springhill LK Lunch Menu	
Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Saudah Barlitariatin, Ina	-Pour Paus Mar-Vite	WG Chicken Nuggets, 3 ea.	Cheeseburger Meatloaf, 1ea	Cheese Pizza, 1sl
Paint Hild Inner Non will auf Inner, N.I. a	-160 Peaklished Contrine	Macaroni & Cheese, 1/2c	Wheat Dinner Roll, 1ea	Sweet Yellow Corn, 1/4c
Park Materianse 100	Online & Barl Pennersi Fernan Saar*	Ketchup	Caesar Salad, 1/2 c	Peaches in Juice, 3/8 c
han	Brastine Hannanin Grann + Gar	Sweet Tender Peas, 1/4c	Caesar Dressing	r eaches in suice, s/o c
			Ŭ	
Prompte Talan, Adv	White Share Read, 124	Orange Wedges, 4 ea.	Parmesan Cheese	
	Bearst Start Source, 100		Gala Apple, 3/8c	
	Amera, tina			
<u>2006 4 7002</u>		TODS & TWOS	TODS & TWOS	TODS & TWOS
disease Pass, Vice		Mandarin Oranges, 3/8 c	Applesauce, 3/8c	Carrot Coins, 1/4c
Prantonic Ality, Mit			Steamed Green Beans, 1/4c	
Will in the part of standard in the state of the state	Will responden Prim Prim Rate, 53 c	VEG: Macaroni & Cheese, 1/2 c	VEG: Black Beans , 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	VEG: Cheese Pizza, 1sl
		Morningstar Veggie Nuggets, 3 ea.		
Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Chicken Slider on Bun, 1ea	Salisbury Steak & Gravy, 1ea	GF Chicken Tender, 3 ea.	WG Spaghetti w/ Beef, Lentil Marinara, 1/2c	Boneless Chicken Wing Dings, 3ea
Shredded Cheddar Cheese, 1/2oz	Savory Mashed Potatoes, 1/4c	Ketchup	Shredded Mozzarella, 1/2 oz	Ketchup
Slider Bun, 1ea	Wheat Dinner Roll, 1ea	Plain WG Brown Rice w/Cauliflower, 1/3c	Whole Wheat Bread, 1/2sl	Wheat Dinner Roll, 1ea
Ketchup	Red Delicious Apple, 3/8c	Fresh Baby Carrots, 1/4c	Baby Spinach, 1/2 c	Peas/Carrots/Green Beans/Corn/Lima Bean, 1
Steamed Green Beans, 1/4c		Ranch	Ranch	Orange Wedges, 4 ea.
Mixed Peaches & Pears in Juice, 3/8c		Orange Wedges, 4 ea.	Banana, 1/2ea	
		TODS & TWOS		TODS & TWOS
	TODS & TWOS	Carrot Coins, 1/4c	TODS & TWOS	Peas, Carrots, Green Beans, 1/4c
	Applesauce, 3/8c	Mandarin Oranges, 3/8 c	Sweet Peas, 1/4 c	Mandarin Oranges, 3/8 c
		0		5 ·
-	VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice , 1/3 c	VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)	VEG: WG Spaghetti Marinara/Shredded Mozzarella	VEG: Morningstar Veggie Nuggets, 5ea
Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023
Oven Baked Chicken Patty, 1ea	WG Chicken Nuggets, 3 ea.	Beef Nacho Fiesta, 1/4c	Thanksgiving Meal	Corn Dog Nuggets, 5 ea.
WG White Wheat Hamburger Bun, 1ea	Macaroni & Cheese, 1/2c	Shredded Cheddar Cheese, 1/2oz	Roasted Turkey Breast in Gravy, 2oz sl	Ketchup
Ketchup	Ketchup	GF Corn Tortilla Chips, 1/4c	Savory Mashed Potatoes, 1/4c	Tossed Salad w/Mixed Greens,1/2 c
Sweet Tender Peas, 1/4c	Tossed Salad w/Mixed Greens,1/2c	Sweet Yellow Corn, 1/4c	Dinner Roll, 1ea	Ranch
Applesauce, 3/8c	Ranch	Chilled Diced Pears. 3/8 c	Gala Apple, 3/8c	Orange Wedges, 4 ea.
Applesauce, 5/00	Banana, 1/2 ea.	Chilled Diced Fears, 5/0 c	Fresh Baked Chocolate Chip Cookies, 1ea	Ofalige Wedges, 4 ea.
	Danana, 1/2 ea.	TODS & TWOS		
	7000 0 7//00	TODS & TWOS	TODS & TWOS	7000 0 7000
	TODS & TWOS	Wheat Dinner Roll, 1 ea.	All Natural Applesauce, 3/8c	TODS & TWOS
	Peas, Carrots, Green Beans, 1/4c	Carrot Coins, 1/4c		Carrot Coins, 1/4c
				Mandarin Oranges, 3/8 c
'EG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEG: Macaroni & Cheese, 1/2 c	VEG: Vegetarian Nacho Fiesta	VEG: Veg Chickenless Strips in Veg Gravy, 1/2 c	VEG: Morningstar Veggie Nuggets, 5
Monday, November 20, 2023	Morningstar Veggie Nuggets, 3 ea. Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023
Teriyaki Diced Chicken, 1/3 c		Chicken Fajitas, 1/3c	CLOSED - THANKSGIVING	<u>11102</u> , 1000011001 24, 2023
	Lean Beef Hamburger on Bun, 1ea		CLOSED - THANKSGIVING	"Radia Radate" for
Plain WG Brown Rice w/Cauliflower, 1/3c	WG White Wheat Hamburger Bun, 1ea	Shredded Cheddar Cheese, 1/2oz	We Reservice Prevales 1 as of	"Hill Plans, Martinese, & Charae, day-
Fresh Baby Carrots, 1/4c	Ketchup	Whole Wheat 6" Tortilla, 1ea	Okistan Sazanga, 1 an	Paurdamatinan Barcolomistra Ram, Ukr
Ranch	Sweet Yellow Corn, 1/4c	Steamed Green Beans, 1/4c	line .	Waardonachin, sa
Mixed Peaches & Pears in Juice, 3/8c	Red Delicious Apple, 3/8c	Banana, 1/2ea	Franklasy Genne, Kite	October Deserv, bit or
			famb	CLOSED - THANKSGIVING
			Onego Hanges, 4 no.	
TODS & TWOS	TODS & TWOS		1001 4 7001	2014 7801
Carrot Coins, 1/4c	Steamed Green Beans, 1/4c		Learn Line, vice	Paus Gamm, Sauri Baars, Via
	Applesauce, 3/8c		Mandarit Grappa Mite	
VEG: Vegetarian Nacho Fiesta	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEG: Chickenless Fajita Strips, 1/3 c	Will Managar Vogia Saraga, I au	With Water Solar 20, 10
Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023
Swedish Beef Meatballs, 3ea	**Pizza Pasta Bake** 1/2c	Wednesday, November 29, 2023 WG Chicken Nuggets, 3 ea.	Cheeseburger Meatloaf, 1ea	111007, December 1, 2023
•				
Plain WG Brown Rice w/Cauliflower, 1/3 c	**WG Pasta/Marinara/Beef Crumbles	Macaroni & Cheese, 1/2c	Wheat Dinner Roll, 1ea	disant Varieto Garo, Var
Fresh Baby Carrots, 1/4c	Chicken & Beef Pepperoni/Tomato Sauce**	Ketchup	Caesar Salad, 1/2 c	Pastanin Join, Mr.
Ranch	Shredded Mozzarella Cheese, 1/2oz	Sweet Tender Peas, 1/4c	Caesar Dressing	
	Whole Wheat Bread, 1/2sl	Orange Wedges, 4 ea.	Parmesan Cheese	
Pineapple Tidbits, 3/8c	Steamed Green Beans, 1/4c		Gala Apple, 3/8c	
Pineapple Tidbits, 3/8c	olcanica Oreen Deans, 1740		1	
Pineapple Tidbits, 3/8c	Banana, 1/2ea			
		TODS & TWOS	TODS & TWOS	2014 7801
Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> Sweet Peas, 1/4c		<u>TODS & TWOS</u> Mandarin Oranges, 3/8 c	TODS & TWOS Applesauce, 3/8c	<u>Water & Table</u> Same Salar, Silar
<u>TODS & TWOS</u> Sweet Peas, 1/4c			Applesauce, 3/8c	Anna a Sana Ganar Sana
<u>TODS & TWOS</u> Sweet Peas, 1/4c Peaches in Juice, 3/8c	Banana, 1/2ea	Mandarin Oranges, 3/8 c	Applesauce, 3/8c Steamed Green Beans, 1/4c	territor terr
<u>TODS & TWOS</u> Sweet Peas, 1/4c		Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c	Applesauce, 3/8c	SALAS Salas a Resolution 1
TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c	Banana, 1/2ea	Mandarin Oranges, 3/8 c	Applesauce, 3/8c Steamed Green Beans, 1/4c	
<u>TODS & TWOS</u> Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea ritions meet CACFP requirements: years - 6oz. Milk required wleach meal, Port	Banana, 1/2ea	Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Vegqie Nuggets, 3 ea. ble, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c fr	Applesauce, 3/8c Stearned Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	یست **GF** = Gluten Free may contain egg & or milk **WG** = Whole Grain