

Fairfax Food Service

November 2023

Tyson's - Springhill LK Lunch Menu

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

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)

To see your Nutrislice Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link: <https://ffsfood.com/schools-2/> <https://tysonscornerchildrenscenter.nutrislice.com/>

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