Fairfax Food Service — December 2023 — Tysons - McLean LK Lunch Menu

Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023
				Pizza Day! **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, December 4, 2023	**Tuesday, December 5, 2023**	**Wednesday, December 6, 2023**	**Thursday, December 7, 2023**	**Friday, December 8, 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 Slider on Bun 1 ea. w/ Shred Cheese 1/	**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	**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)	**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	**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, December 11, 2023	**Tuesday, December 12, 2023**	**Wednesday, December 13, 2023**	**Thursday, December 14, 2023**	**Friday, December 15, 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	**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.	**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. (Tortilla Chips) Carrot Coins, 1/4c (Corn) **VEG:** Vegetarian Nacho Fiesta	***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	**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, December 18, 2023	**Tuesday, December 19, 2023**	**Wednesday, December 20, 2023**	**Thursday, December 21, 2023**	**Friday, December 22, 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	**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	**Chicken Fajitas, 1/3c** Shredded Cheddar Cheese, 1/2oz Whole Wheat 6" Tortilla, 1ea Steamed Green Beans, 1/4c Banana, 1/2ea ***TODS & TWOS*** Wheat Dinner Roll, 1ea **VEG:** Chickenless Fajita Strips, 1/3 c	**WG Buttermilk Pancake 1 ea. w/** Chicken Sausage, 1 ea. Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. ***TODS & TWOS*** Carrot Coins, 1/4c Mandarin Oranges, 3/8 c **VEG:** Morningstar Veggie Sausage, 1 ea.	Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c **WG Pasta, Marinara, 3 Cheese, Soy** Wheat Dinner Roll, 1ea Chilled Diced Pears, 3/8 c ***TODS & TWOS*** Peas, Carrots, Green Beans, 1/4c **VEG:** Meatless Baked Ziti, 1/2c
Monday, December 25, 2023	**Tuesday, December 26, 2023**	**Wednesday, December 27, 2023**	**Thursday, December 28, 2023**	**Friday, December 29, 2023**
HAPPY HOLIDAYS!!!	**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	**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	**Pizza Day!** **Cheese Pizza, 1sl** Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c ***TODS & TWOS*** Carrot Coins, 1/4c **VEG:** Cheese Pizza, 1sl

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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