

Fairfax Food Service		December 2023		Tysons - Springhill LK Lunch Menu	
Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	Friday, December 1, 2023	
				Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> Applesauce, 3/8c VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c <u>TODS & TWOS</u> 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. <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> 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. <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> 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. <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> Wheat Dinner Roll, 1 ea. Carrot Coins, 1/4c VEG: Vegetarian Nacho Fiesta	**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 <u>TODS & TWOS</u> Applesauce, 3/8c VEG: Italian Veggie Meatball (2 ea.) Sub, 1/2	Corn Dog Nuggets, 5 ea. Ketchup Tossed Salad w/Mixed Greens, 1/2 c Ranch Orange Wedges, 4 ea. <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> Carrot Coins, 1/4c 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. <u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Sausage, 1 ea.	**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 Pears, 3/8 c <u>TODS & TWOS</u> 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	
<div style="text-align: center;">Happy Holidays!!!</div>	Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c <u>TODS & TWOS</u> 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. <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> 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 <u>TODS & TWOS</u> 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)

To see your Nutrilisce Menu go to ffsfood.com, Customers, Menus, scroll to find your school name OR click link: <https://ffsfood.com/schools-2/> <https://tysonscornerchildrencenter.nutrilisce.com/>

"This institution is an equal opportunity provider"

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