

**Fairfax Food Service**

**October 2022**

**St Louis School BK Lunch Menu**

<p><b>Monday, October 3, 2022</b>  <b>Swedish Beef Meatballs, 5 ea</b>                  Plain WG Brown Rice w/Cauliflower, 1/2c                  Sweet Green Peas, 1/2c                  Fresh Baby Carrots, 1/2 c                  Ranch Dressing, 1oz                  Pineapple Tidbits, 1/2 c                  Peaches in Juice, 1/2c  <b>VEG:</b> Vegetarian Meatballs (3ea)w/ Veg Gravy</p>	<p><b>Tuesday, October 4, 2022</b>  <b>Pizza Pasta Bake, 3/4c</b>                  WG Pasta/Marinara/Beef Crumbles                  Chicken&amp;Beef Pepperoni/Tomato Sauce                  Shredded Mozzarella Cheese, 1oz                  Steamed Green Beans, 1/2c                  Fresh Chopped Romaine, 1/2c                  Ranch Dressing, 1 oz                  Fresh Banana 1ea                  Pineapple Tidbits in Juice, 1/2c  <b>VEG:</b> Vegetarian Pizza Pasta Bake</p>	<p><b>Wednesday, October 5, 2022</b>  <b>NAE WG Chicken Nuggets, 6ea</b>                  No HFC Ketchup, 1 oz                  Caesar Salad w/Romaine, 1/2c                  Caesar Dressing, 1 oz                  Parmesan Cheese, 1/2oz                  Steamed Green Beans, 1/2c                  Fresh Orange Wedges, 4ea                  Mandarin Oranges, 1/2c  <b>VEG:</b> Morningstar Veggie Nuggets 6 ea.</p>	<p><b>Thursday, October 6, 2022</b>  <b>Italian Beef Meatball Sub,5ea</b>                  Sub Roll, 1ea                  Shredded Mozzarella Cheese, 1oz                  Steamed Green Beans, 1/2c                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1 oz                  Fresh Gala Apple 1ea                  All Natural Applesauce, 1/2c  <b>VEG:</b> Italian Veggie Meatball(3)Sub, 1 ea.</p>	<p><b>Friday, October 7, 2022</b>   <b><u>EARLY DISMISSAL</u></b>   <b><u>NO LUNCH SERVED</u></b></p>
<p><b>Monday, October 10, 2022</b>   <b><u>INDIGENOUS PEOPLE'S DAY</u></b></p>	<p><b>Tuesday, October 11, 2022</b>  <b>Salisbury Steak &amp; Gravy, 1ea</b>                  Savory Mashed Potatoes, 1/2c                  Sweet Yellow Corn, 1/2c                  Wheat Dinner Roll, 1ea                  Fresh Red Delicious Apple 1ea                  All Natural Applesauce, 1/2c  <b>VEG:</b> Veg Sausage Crumbles w/Veg Gravy, 1/2c</p>	<p><b>Wednesday, October 12, 2022</b>  <b>NAE GF Chicken Tender Strips, 4ea</b>                  No HFC Ketchup, 1 oz                  Plain WG Brown Rice w/Cauliflower, 1/2c                  Fresh Baby Carrots, 1/2c                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1 oz                  Fresh Cantaloupe, 1sl                  Diced Pears, 1/2c  <b>VEG:</b> Vegan Refried Beans(3/4c)/Cheese (side)</p>	<p><b>Thursday, October 13, 2022</b>  <b>WG Spaghetti w/ Beef &amp; Lentils</b>                  Marinara, 3/4c                  Parmesan Cheese, 1oz                  Fresh Baby Spinach,1/2c                  Ranch Dressing, 1 oz                  Sweet Green Peas, 1/2c                  Fresh Banana, 1ea                  Assorted Apples  <b>VEG:</b> WG Spaghetti Marinara(3/4c)/Parmesan(on side)</p>	<p><b>Friday, October 14, 2022</b>  <b>PIZZA DAY</b>  <b>Papa John's Cheese Pizza, 2sl</b>                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1 oz                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c                  Fresh Orange Wedges, 4ea                  Mandarin Oranges, 1/2c  <b>VEG:</b> Cheese Pizza, 2 sl</p>
<p><b>Monday, October 17, 2022</b>  <b>Oven Baked Chicken Patty, 1ea</b>                  Wheat Hamburger Bun, 1ea                  No HFC Ketchup, 1 oz                  Sweet Tender Peas, 1/2c                  Fresh Baby Carrots, 1/2c                  Ranch Dressing, 1 oz                  All Natural Applesauce, 1/2c                  Mixed Peaches &amp; Pears in Juice, 1/2c  <b>VEG:</b> Veg Slider Bun, 2ea; Cheese (on side)</p>	<p><b>Tuesday, October 18, 2022</b>  <b>Macaroni &amp; Cheese w/ WG, 3/4c</b>                  100% Whole Grain Bread, 1sl                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1oz                  Sweet Green Peas, 1/2c                  Fresh Banana, 1ea                  Assorted Apples  <b>VEG:</b> Macaroni &amp; Cheese w/ WG, 3/4c</p>	<p><b>Wednesday, October 19, 2022</b>  <b>Mexican Beef Nacho Fiesta, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  Corn Tortilla Chips, 1/2c                  Sweet Yellow Corn, 1/2c                  Fresh Chopped Romaine, 1/2c                  Ranch Dressing, 1 oz                  Fresh Honey Dew Melon, 1sl                  Fresh Cantaloupe, 1sl  <b>VEG:</b> Vegetarian Nacho Fiesta, 1/2c</p>	<p><b>Thursday, October 20, 2022</b>  <b>Cheeseburger Meatloaf, 1ea</b>                  Wheat Dinner Roll, 1ea                  Steamed Green Beans, 1/2c                  Tossed Salad w/ Mixed Greens, 1/2c                  Ranch Dressing, 1 oz                  Fresh Golden Delicious Apple                  Fresh Banana  <b>VEG:</b> Black Beans, 1/2c &amp; WG Rice,1/2c</p>	<p><b>Friday, October 21, 2022</b>  <b>PIZZA DAY</b>  <b>Papa John's Cheese Pizza, 2sl</b>                  Tossed Salad w/Mixed Greens,1/2c                  Fresh Baby Carrots, 1/2c                  Ranch Dressing, 1 oz                  Fresh Orange Wedges, 4ea                  Mandarin Oranges, 1/2c  <b>VEG:</b> Cheese Pizza, 2 sl</p>
<p><b>Monday, October 24, 2022</b>  <b>Roasted Teriyaki Chicken Strips, 5ea</b>                  Plain WG Brown Rice w/Cauliflower, 1/2c                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1 oz                  Sweet Tender Peas, 1/2c                  Mixed Peaches &amp; Pears in Juice, 1/2c                  Fresh Gala Apple  <b>VEG:</b> Egg Rolls, 2 ea.</p>	<p><b>Tuesday, October 25, 2022</b>  <b>Lean Beef Hamburger on Bun, 1ea</b>                  Wheat Hamburger Bun, 1ea                  Slice Cheddar Cheese, 1ea                  No HFC Ketchup, 1 oz                  Sweet Yellow Corn, 1/2c                  Tossed Salad w/ Mixed Greens, 1/2c                  Ranch Dressing, 1oz                  Fresh Red Delicious Apple                  All Natural Applesauce, 1/2c  <b>VEG:</b> Veg Slider on Bun, 2 ea.; Cheese on side</p>	<p><b>Wednesday, October 26, 2022</b>  <b>NAE Chicken Fajitas, 1/2c</b>                  Shredded Cheddar Cheese, 1oz                  Whole Wheat 6" Tortilla, 2ea                  Salsa                  Shredded Lettuce, 1/2c                  Steamed Green Beans, 1/2c                  Fresh Banana                  Diced Peaches, 1/2c  <b>VEG:</b> Chickenless Fajita Strips</p>	<p><b>Thursday, October 27, 2022</b>  <b>Corn Dog Nuggets, 6 ea</b>                  No HFC Ketchup, 1 oz                  Sweet Yellow Corn, 1/2c                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1 oz                  Fresh Orange Wedges, 4ea                  Mandarin Oranges, 1/2c  <b>VEG:</b> Vegan Black Bean Chili, 3/4 c</p>	<p><b>Friday, October 28, 2022</b>  <b>PIZZA DAY</b>  <b>Papa John's Cheese Pizza, 2sl</b>                  Tossed Salad w/Mixed Greens,1/2c                  Ranch Dressing, 1 oz                  Peas/Carrots/Green Beans/Corn/Lima Bean, 1/2c                  Fresh Cantaloupe, 1sl                  Mandarin Oranges, 1/2c  <b>VEG:</b> Cheese Pizza, 2 sl</p>
<p><b>Monday, October 31, 2022</b>   <b><u>EARLY DISMISSAL</u></b>   <b><u>TEACHER'S WORK DAY</u></b></p>				<p><b><u>**NAE**</u></b>  <b><u>Never Antibiotics Ever</u></b>   <b><u>**NO HFC**</u></b>  <b><u>Ketchup, Syrup, Breads</u></b></p>

6oz. Milk required w/ each meal, 3-5 yrs (8oz milk for 6 to 12yrs) (6 to 12 yrs. Portions) 2oz meat/meat alternative, 3/4c vegetable or fruit ( we serve 1/2c veg, 3/8 c fruit)

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