

Fairfax Food Service

December 2024

Chesterbrook @ Woodshire Academy LK Lunch Menu

Monday, December 2, 2024	Tuesday, December 3, 2024	Wednesday, December 4, 2024	Thursday, December 5, 2024	Friday, December 6, 2024
<p>NAE WG Chicken Nuggets, 5ea Ruffles Chips, 1/4c Ketchup Steamed Green Beans, 1/4c Fruit Cocktail, 3/8c</p> <p><u>TODS & TWOS</u> Goldfish, 1/4c Pears in Juice, 3/8c</p> <p>VEG: MorningStar Vegetarian Sausage Slider on Bun, 1ea w/ Shredded Cheddar, 1/2oz</p>	<p>Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Cinnamon Applesauce, 3/8c</p> <p>VEG: Vegan Black Bean Chili, 1/2c</p>	<p>NAE GF Chicken Tender, 3ea Ketchup Plain WG Brown Rice, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4ea</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: Refried Beans, 1/2c w/ Shredded Cheddar, 1/2oz</p>	<p>WG Spaghetti w/ Beef & Lentil Marinara, 1/2c Shredded Mozzarella, 1/2oz 100% Whole Wheat Bread, 1/2sl Baby Spinach, 1/2c Ranch Banana, 1/2ea</p> <p><u>TODS & TWOS</u> Sweet Tender Peas, 1/4c</p> <p>VEG: WG Spaghetti w/ Marinara, 1/2c</p>	<p>Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas, Carrots, Green Beans, Corn, Lima Bean, 1/4c Pineapple Tidbits, 3/8c</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: MorningStar Vegan Nuggets, 5ea</p>
<p>Monday, December 9, 2024</p> <p>Oven Baked Chicken Patty, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Tender Peas, 1/4c Cinnamon Applesauce, 3/8c</p> <p>VEG: MorningStar Vegetarian Sausage Slider on Bun, 1ea w/ Shredded Cheddar, 1/2oz</p>	<p>Tuesday, December 10, 2024</p> <p>NAE WG Chicken Nuggets, 3ea Macaroni & Cheese, 1/2c Ketchup Mixed Greens Salad, 1/2c Ranch Banana, 1/2ea</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: MorningStar Vegan Nuggets, 3ea</p>	<p>Wednesday, December 11, 2024</p> <p>New! Turkey Nacho Nuggets, 1/4c Shredded Cheddar, 1/2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8c</p> <p><u>TODS & TWOS</u> Wheat Dinner Roll, 1ea Carrot Coins, 1/4c</p> <p>VEG: Vegan Nacho Fiesta, 1/4c</p>	<p>Thursday, December 12, 2024</p> <p>Turkey Breast & Cheddar Sub, 1/2ea Boar's Head Roasted Turkey Breast, 1oz Cheddar Cheese, 1sl Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Cinnamon Applesauce, 3/8c</p> <p>VEG: Cheddar & Provolone Sub, 1/2ea</p>	<p>Friday, December 13, 2024</p> <p>Chicken Nuggets, 5ea Ketchup Mixed Greens Salad, 1/2c Ranch Orange Wedges, 4ea</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: MorningStar Vegan Nuggets, 5ea</p>
<p>Monday, December 16, 2024</p> <p>Teriyaki Diced Chicken, 1/3c Plain WG Brown Rice, 1/3c Fresh Baby Carrots, 1/4c Ranch Fruit Cocktail, 3/8c</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Egg Roll, 1ea</p>	<p>Tuesday, December 17, 2024</p> <p>Lean Beef Hamburger, 1ea WG White Wheat Hamburger Bun, 1ea Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Steamed Green Beans, 1/4c Cinnamon Applesauce, 3/8c</p> <p>VEG: MorningStar Vegetarian Sausage Slider on Bun, 1ea w/ Shredded Cheddar, 1/2oz</p>	<p>Wednesday, December 18, 2024</p> <p>New! Turkey Nacho Fiesta, 1/4c Shredded Cheddar, 1/2oz GF Corn Tortilla Chips, 1/4c Steamed Green Beans, 1/4c Banana, 1/2ea</p> <p><u>TODS & TWOS</u> Wheat Dinner Roll, 1ea</p> <p>VEG: Vegan Nacho Fiesta, 1/4c</p>	<p>Thursday, December 19, 2024</p> <p>WG Buttermilk Pancake, 1ea Chicken Sausage Patty, 1ea Syrup Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4ea</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c</p> <p>VEG: MorningStar Vegetarian Sausage Patty, 1ea</p>	<p>Friday, December 20, 2024</p> <p>Meatless Baked Ziti, 1/2c **WG Pasta, Marinara, 3 Cheese, Soy, 1/2c** Peas, Carrots, Green Beans, Corn, Lima Bean, 1/4c Wheat Dinner Roll, 1ea Pears in Juice, 3/8c</p> <p><u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c</p> <p>VEG: Meatless Baked Ziti, 1/2c</p>
<p>Monday, December 23, 2024</p> <p>NAE GF Chicken Tender, 3ea Ketchup Plain WG Brown Rice, 1/3c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c</p> <p><u>TODS & TWOS</u> Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c</p> <p>VEG: Chickenless Strips, 1/2c</p>	<p>Tuesday, December 24, 2024</p> <p>NO SCHOOL!</p>	<p>Wednesday, December 25, 2024</p> <p>NO SCHOOL!</p>	<p>Thursday, December 26, 2024</p> <p>Teriyaki Diced Chicken, 1/3c Plain WG Brown Rice, 1/3c</p> <p>FFS CLOSED</p>	<p>Friday, December 27, 2024</p> <p>Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8c</p> <p><u>TODS & TWOS</u> Carrot Coins, 1/4c</p> <p>VEG: Cheese Pizza, 1sl</p>
<p>Monday, December 30, 2024</p> <p>NAE WG Chicken Nuggets, 5ea Ruffles Chips, 1/4c Ketchup Steamed Green Beans, 1/4c Fruit Cocktail, 3/8c</p> <p><u>TODS & TWOS</u> Goldfish, 1/4c Pears in Juice, 3/8c</p> <p>VEG: MorningStar Vegetarian Sausage Slider on Bun, 1ea w/ Shredded Cheddar, 1/2oz</p>	<p>Tuesday, December 31, 2024</p> <p>Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c</p> <p><u>TODS & TWOS</u> Cinnamon Applesauce, 3/8c</p> <p>VEG: Vegan Black Bean Chili, 1/2c</p>	<p>Wednesday, January 1, 2025</p>	<p>Thursday, January 2, 2025</p>	<p>Friday, January 3, 2025</p>
<p>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), 1/2 oz grain equivalent. 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), 1 oz grain equivalent.</p>			<p>**GF** = Gluten Free may contain egg & or milk **WG** = Whole Grain</p>	<p>Due to quality and demand, items may be subject to change.</p>
<p>To see your Nutrislice Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link:</p>			<p>https://ffschildcarecenters.nutrislice.com/</p>	<p>https://chesterbrookacademy.nutrislice.com/</p>