

Chesterbrook @ Woodshire
Top 9 Allergen Free LK Menu

May 2024

Fairfax Food Service

<u>Monday, April 29, 2024</u>	<u>Tuesday, April 30, 2024</u>	<u>Wednesday, May 1, 2024</u>	<u>Thursday, May 2, 2024</u>	<u>Friday, May 3, 2024</u>
		Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8 c	Cookout Beef Burger, 1ea Plain Quinoa, 1/3c Ketchup Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c	Chicken Sausage Patty, 1ea (Breakfast) Plain WG Brown Rice w/ Cauliflower, 1/3c Ketchup Tossed Salad w/Mixed Greens, 1/2c Orange Wedges, 4ea
		<u>TODS & TWOS</u> Plain WG Brown Rice w/Cauliflower, 1/3c Carrot Coins, 1/4c VEG: Black Beans, 1/2c	<u>TODS & TWOS</u> Applesauce, 3/8c VEG: Garbanzo Chickpeas, 1/2c	<u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c VEG: Black Bean Chili, 1/2c
Monday, May 6, 2024 Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Mixed Peaches & Pears in Juice, 3/8c	Tuesday, May 7, 2024 Turkey Bacon, 2sl Brown Sugar Cinnamon Oatmeal, 1/3c Ketchup Sweet Yellow Corn, 1/4c Red Delicious Apple, 3/8c	Wednesday, May 8, 2024 Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Steamed Green Beans, 1/4c Banana, 1/2ea	Thursday, May 9, 2024 Cookout Beef Burger, 1ea Plain Quinoa, 1/3c Ketchup Fresh Baby Carrots, 1/4c Orange Wedges, 4ea	Friday, May 10, 2024 Chicken Sausage Patty, 1ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3c Ketchup Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Pears in Juice, 3/8c
<u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Red Beans & Rice, 3/4c	<u>TODS & TWOS</u> Steamed Green Beans, 1/4c Applesauce, 3/8c VEG: Black Bean Chili, 1/2c & Fritos pkt, 1ea	<u>TODS & TWOS</u> Plain WG Brown Rice w/Cauliflower, 1/3c VEG: Black Beans, 1/2c	<u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c VEG: Garbanzo Chickpeas, 1/2c	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Black Bean Chili, 1/2c
Monday, May 13, 2024 Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Pineapple Tidbits, 3/8c	Tuesday, May 14, 2024 Turkey Bacon, 2sl Brown Sugar Cinnamon Oatmeal, 1/3c Ketchup Steamed Green Beans, 1/4c Banana, 1/2ea	Wednesday, May 15, 2024 Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4ea	Thursday, May 16, 2024 Cookout Beef Burger, 1ea Plain Quinoa, 1/3c Ketchup Caesar Salad, 1/2c Gala Apple, 3/8c	Friday, May 17, 2024 Chicken Sausage Patty, 1ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3c Ketchup Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8c
<u>TODS & TWOS</u> Sweet Tender Peas, 1/4c Peaches in Juice, 3/8c VEG: Red Beans & Rice, 3/4c	<u>TODS & TWOS</u> None VEG: Black Bean Chili, 1/2c & Fritos pkt, 1ea	<u>TODS & TWOS</u> Plain WG Brown Rice w/Cauliflower, 1/3c Mandarin Oranges, 3/8c VEG: Black Beans, 1/2c	<u>TODS & TWOS</u> Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Garbanzo Chickpeas, 1/2c	<u>TODS & TWOS</u> Carrot Coins, 1/4c VEG: Black Bean Chili, 1/2c
Monday, May 20, 2024 Plain Chicken Strips, 1/2c Plain WG Brown Rice w/Cauliflower, 1/3c Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c	Tuesday, May 21, 2024 Turkey Bacon, 2sl Brown Sugar Cinnamon Oatmeal, 1/3c Ketchup Green Beans, 1/4c Red Delicious Apple, 3/8c	Wednesday, May 22, 2024 Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Ketchup Fresh Baby Carrots, 1/4c Orange Wedges, 4ea <u>TODS & TWOS</u> Plain WG Brown Rice w/Cauliflower, 1/3 c Carrot Coins, 1/4c, Mandarin Oranges, 3/8 c	Thursday, May 23, 2024 Cookout Beef Burger, 1ea Plain Quinoa, 1/3c Ketchup Baby Spinach, 1/2c Banana, 1/2ea	Friday, May 24, 2024 Chicken Sausage Patty, 1ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3c Ketchup Peas/Carrots/Green Beans/Corn/Lima Bean, 1/4c Orange Wedges, 4ea
<u>TODS & TWOS</u> None VEG: Red Beans & Rice, 3/4c	<u>TODS & TWOS</u> Applesauce, 3/8c VEG: Black Bean Chili, 1/2c & Fritos pkt, 1ea	<u>TODS & TWOS</u> Carrot Coins, 1/4c, Mandarin Oranges, 3/8 c VEG: Black Beans, 1/2 c	<u>TODS & TWOS</u> Sweet Tender Peas, 1/4c VEG: Garbanzo Chickpeas, 1/2c	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8c VEG: Black Bean Chili, 1/2c
Monday, May 27, 2024	Tuesday, May 28, 2024 Turkey Bacon, 2sl Brown Sugar Cinnamon Oatmeal, 1/3c Ketchup Sweet Tender Peas, 1/4c Applesauce, 3/8c	Wednesday, May 29, 2024 Boar's Head Roasted Turkey Breast Roll, 2oz GF Corn Tortilla Chips, 1/4c Sweet Yellow Corn, 1/4c Pears in Juice, 3/8c	Thursday, May 30, 2024 Cookout Beef Burger, 1ea Plain Quinoa, 1/3c Ketchup Steamed Green Beans, 1/4c Golden Delicious Apple, 3/8c	Friday, May 31, 2024 Chicken Sausage Patty, 1ea (Breakfast) Plain WG Brown Rice w/Cauliflower, 1/3c Ketchup Tossed Salad w/Mixed Greens, 1/2c Orange Wedges, 4ea
NO SCHOOL	<u>TODS & TWOS</u> Peas, Carrots, Green Beans, 1/4c VEG: Black Bean Chili, 1/2c & Fritos pkt, 1ea	<u>TODS & TWOS</u> Plain WG Brown Rice w/Cauliflower, 1/3c Carrot Coins, 1/4c VEG: Black Beans, 1/2c	<u>TODS & TWOS</u> Applesauce, 3/8c VEG: Garbanzo Chickpeas, 1/2c	<u>TODS & TWOS</u> Carrot Coins, 1/4c Mandarin Oranges, 3/8c VEG: Black Bean Chili, 1/2c

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 (I serve 1/2c veg, 1/2 c fruit)

TOP 9 ALLERGENS
 (Egg, Dairy, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Sesame)
****WG** = Whole Grain**

Fairfax Food Service exercises extreme caution in the preparation of allergen meals to reduce the risk of cross contamination; however, risk is not eliminated.

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/>