

Fairfax Food Service		October 2026		Chesterbrook	
		LK Lunch Menu - Top 9 Allergen Free			
<u>Monday, September 28, 2026</u>	<u>Tuesday, September 29, 2026</u>	<u>Wednesday, September 30, 2026</u>	<u>Thursday, October 1, 2026</u>	<u>Friday, October 2, 2026</u>	
			Cookout Beef Burger, 1ea Chef's Line GF Bread, 1sl Ketchup, 1pkt Spinach, 4oz Gala Apple, 3oz	Vegan Black Bean Chili, 4oz Chef's Line GF Bread, 1sl Sweet Yellow Corn, 2oz Diced Peaches, 2oz	
			<u>TODS & TWOS</u> Steamed Green Beans, 2oz Applesauce, 2oz	<u>TODS & TWOS</u> Carrot Coins, 2oz	
<u>Monday, October 5, 2026</u>	<u>Tuesday, October 6, 2026</u>	<u>Wednesday, October 7, 2026</u>	<u>Thursday, October 8, 2026</u>	<u>Friday, October 9, 2026</u>	
Fresh Plain Chicken, 3oz Plain WG Brown Rice, 2oz Ketchup, 1oz Maple Fire Roasted Sweet Potato, 2oz Fruit Cocktail, 2oz	Rotisserie Chicken Sandwich, 1/2ea **Boar's Head Rotisserie Chicken Breast, 1oz** **Chef's Line GF Bread, 1sl** Mashed Potatoes, 2oz Red Delicious Apple, 3oz	NAE GF Chicken Tender Strips, 3ea Ketchup, 1oz Plain WG Brown Rice, 2oz Baby Carrots, 2oz Orange Wedges, 4ea	GF Penne Pasta w/ Turkey & Lentil Marinara, 4oz Chef's Line GF Bread, 1sl Steamed Green Beans, 2oz Banana, 1/2ea	Fresh Plain Chicken, 3oz Ketchup, 1oz Plain WG Brown Rice, 2oz Sweet Tender Peas, 2oz Pineapple Tidbits, 2oz	
<u>TODS & TWOS</u> Diced Pears, 2oz	<u>TODS & TWOS</u> Applesauce, 2oz	<u>TODS & TWOS</u> Carrot Coins, 2oz Mandarin Oranges, 2oz		<u>TODS & TWOS</u> Mandarin Oranges, 2oz	
<u>Monday, October 12, 2026</u>	<u>Tuesday, October 13, 2026</u>	<u>Wednesday, October 14, 2026</u>	<u>Thursday, October 15, 2026</u>	<u>Friday, October 16, 2026</u>	
FFS CLOSED	NAE GF Chicken Tender Strips, 3ea Plain WG Brown Rice, 2oz Ketchup, 1oz Baby Carrots, 2oz Applesauce, 2oz	Turkey Nacho Fiesta, 3oz GF Corn Tortilla Chips, 2oz Mild Salsa, 1oz Sweet Yellow Corn, 2oz Diced Pears, 2oz	Rotisserie Chicken Sandwich, 1/2ea Boar's Head Rotisserie Chicken Breast, 1oz Chef's Line GF Bread, 1sl Applesauce Cup, 1ea Green Bell Pepper Slices, 4sl	SunButter & Strawberry Jelly Sandwich on GF Bread, 1ea Carrot Coins, 2oz Orange Wedges, 4ea	
	<u>TODS & TWOS</u> Carrot Coins, 2oz	<u>TODS & TWOS</u> Plain WG Brown Rice, 2oz Peas, Carrots, Green Beans, 2oz	<u>TODS & TWOS</u> Pear Cup, 1ea (Green Pepper Slices) Spoon/Napkin	<u>TODS & TWOS</u> Mandarin Oranges, 2oz	
<u>Monday, October 19, 2026</u>	<u>Tuesday, October 20, 2026</u>	<u>Wednesday, October 21, 2026</u>	<u>Thursday, October 22, 2026</u>	<u>Friday, October 23, 2026</u>	
Cookout Beef Burger, 1ea Chef's Line GF Bread, 1sl Ketchup, 1oz Carrot Coins, 2oz Fruit Cocktail, 2oz	GF Penne Pasta w/ Turkey & Lentil Marinara, 4oz Chef's Line GF Bread, 1sl Sweet Yellow Corn, 2oz Red Delicious Apple, 3oz	Fresh Plain Chicken, 3oz Plain WG Brown Rice, 2oz Ketchup, 1pkt Steamed Green Beans, 2oz Banana, 1/2ea	Brown Sugar Cinnamon Oatmeal, 2oz Jimmy Dean Chicken Sausage Patty, 1ea Syrup, 1oz Maple Fire Roasted Sweet Potato, 2oz Orange Wedges, 4ea	NAE GF Chicken Tender Strips, 3ea BBQ Sauce, 1oz Mashed Potatoes, 2oz Baby Carrots, 2oz Diced Pears, 2oz	
<u>TODS & TWOS</u> Diced Peaches, 2oz	<u>TODS & TWOS</u> Steamed Green Beans, 2oz Applesauce, 2oz		<u>TODS & TWOS</u> Mandarin Oranges, 2oz	<u>TODS & TWOS</u> Carrot Coins, 2oz	
<u>Monday, October 26, 2026</u>	<u>Tuesday, October 27, 2026</u>	<u>Wednesday, October 28, 2026</u>	<u>Thursday, October 29, 2026</u>	<u>Friday, October 30, 2026</u>	
Turkey Nacho Fiesta, 3oz GF Corn Tortilla Chips, 2oz Mild Salsa, 1oz Baby Carrots, 2oz Pineapple Tidbits, 2oz	GF Penne w/ White Bean Alfredo, 4oz Chef's Line GF Bread, 1sl Steamed Green Beans, 2oz Banana, 1/2ea	NAE GF Chicken Tender Strips, 3ea Mashed Potatoes, 2oz Ketchup, 1oz Sweet Tender Peas, 2oz Orange Wedges, 4ea	Cookout Beef Burger, 1ea Chef's Line GF Bread, 1sl Ketchup, 1pkt Spinach, 4oz Gala Apple, 3oz	Vegan Black Bean Chili, 4oz Chef's Line GF Bread, 1sl Sweet Yellow Corn, 2oz Diced Peaches, 2oz	
<u>TODS & TWOS</u> Plain WG Brown Rice, 2oz Sweet Tender Peas, 2oz Diced Peaches, 2oz		<u>TODS & TWOS</u> Mandarin Oranges, 2oz	<u>TODS & TWOS</u> Steamed Green Beans, 2oz Applesauce, 2oz	<u>TODS & TWOS</u> Carrot Coins, 2oz	
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.			TOP 9 ALLERGENS: (Milk, Wheat, Eggs, Soy, Crustacean Shellfish, Sesame, Peanuts, Fish, Tree Nuts) **GF** = Gluten Free		Fairfax Food Service exercises extreme caution in the preparation of allergen meals to reduce the risk of cross contamination; however, risk is not eliminated.
Nutrislice Link: https://ffschildcarecenters.nutrislice.com/		FFS Website: Daycare & School Lunches, Snacks in NOVA Fairfax Food Service		Ounces are based off spoodle serving size, not weight. Due to quality and demand, items may be subject to change.	