



Salad Bar

October 2017 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetables Salad Greens Carrots Corn Broccoli	Vegetables Salad Greens Tomatoes Garbanzo Beans Carrots & Celery	Vegetables Salad Greens Cucumber Slices Red Pepper Strips Seasonal Vegetable	Vegetables Salad Greens Carrots Black Beans Broccoli	Vegetables Salad Greens Corn Tomatoes Seasonal Vegetable
Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits	Fruit 3 Fresh Fruits
Protein Shredded Cheese Yogurt	Protein Diced Chicken Hard Boiled Eggs	Protein Shredded Cheese Turkey Ham	Protein Hard Boiled Eggs Yogurt	Protein Shredded Cheese Diced Chicken
Grain Soft Pretzel	Grain Soft Pretzel	Grain Soft Pretzel	Grain Soft Pretzel	Grain Soft Pretzel

October Hot Entrees

Pasta Alfredo w/ Garlic Toast	2	Chicken Tenders w/ Brown Rice	3	Corn Dog Bites	4	Nachos w/ Taco Meat and/or Cheese Sauce	5	Cheese or Pepperoni Pizza	6
Columbus Day – No School	9	Cheese Sticks w/ Marinara Sauce	10	Teriyaki Chicken w/ Brown Rice	11	Pasta w/ Meat Sauce and Garlic Toast	12	Cheese or Pepperoni Pizza	13
Three Bean Vegetarian Chili w/ Chips & Cheese Sauce	16	Hamburger or Cheeseburger on Bun	17	Chicken and Waffle Wednesday	18	Soft Beef Taco	19	Cheese or Pepperoni Pizza	20
Veggie Pinwheel	23	Orange Chicken w/ Brown Rice	24	Nachos w/ Taco Meat and/or Cheese Sauce	25	Breakfast for Lunch: Mini Pancakes w/ Turkey Sausage	26	Cheese or Pepperoni Pizza	27
Cheesy Breadsticks	30	Pasta w/ Meat Sauce and Garlic Toast	31						

Menus are subject to change due to availability of foods and emergency school closings.



Food and Nutrition Services
Fairfax County Public Schools

"This institution is an equal opportunity provider"

