

# Welcome to our Breakfast Cafe @

## Fairfield High Schools

# November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



**FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!**

**WHITSONS**  
School Nutrition

1 Pancakes & Sausage  
Tator Tots  
Fresh Banana  
Pineapple  
Low Fat Milk  
Skim Milk

2 Bacon, Egg and Cheese  
Breakfast Sandwich  
Tator Tots  
Fresh Apple  
Fresh Red Grapes  
Low Fat Milk  
Skim Milk

3 Waffles with Sausage  
Tator Tots  
Fresh Orange  
Strawberries  
Low Fat Milk  
Skim Milk

6 French Toast  
Sausage Patty  
Tator Tots  
Fresh Orange  
Applesauce  
Low Fat Milk  
Skim Milk

**Election Day  
No School**

8 Pancakes & Sausage  
Tator Tots  
Fresh Banana  
Pineapple  
Low Fat Milk  
Skim Milk

9 Bacon, Egg and Cheese  
Breakfast Sandwich  
Tator Tots  
Fresh Apple  
Fresh Red Grapes  
Low Fat Milk  
Skim Milk

10 **Veterans' Day  
No School**

13 French Toast  
Sausage Patty  
Tator Tots  
Fresh Orange  
Applesauce  
Low Fat Milk  
Skim Milk

14 Egg and Cheese  
Sandwich  
Tator Tots  
Fresh Apple  
Melon Cup  
Low Fat Milk  
Skim Milk

15 Pancakes & Sausage  
Tator Tots  
Fresh Banana  
Fresh Banana  
Pineapple  
Low Fat Milk  
Skim Milk

16 Bacon, Egg and Cheese  
Breakfast Sandwich  
Tator Tots  
Fresh Apple  
Fresh Red Grapes  
Low Fat Milk  
Skim Milk

17 Waffles with Sausage  
Tator Tots  
Fresh Orange  
Strawberries  
Low Fat Milk  
Skim Milk

20 French Toast  
Sausage Patty  
Tator Tots  
Fresh Orange  
Applesauce  
Low Fat Milk  
Skim Milk

21 Egg and Cheese  
Sandwich  
Tator Tots  
Fresh Apple  
Melon Cup  
Low Fat Milk  
Skim Milk

22 **Early Dismissal**

23

24 **Happy Thanksgiving!**

27 French Toast  
Sausage Patty  
Tator Tots  
Fresh Orange  
Applesauce  
Low Fat Milk  
Skim Milk

28 Egg and Cheese  
Sandwich  
Tator Tots  
Fresh Apple  
Melon Cup  
Low Fat Milk  
Skim Milk

29 Pancakes & Sausage  
Tator Tots  
Fresh Banana  
Fresh Banana  
Pineapple  
Low Fat Milk  
Skim Milk

30 Bacon, Egg and Cheese  
Breakfast Sandwich  
Tator Tots  
Fresh Apple  
Fresh Red Grapes  
Low Fat Milk  
Skim Milk

### SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



#### Breakfast Prices

Regular: \$1.50  
Reduced: \$0.30

#### Available Daily

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.