

Welcome to our Breakfast Cafe @

Fairfield Middle Schools

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

WHITSONS
School Nutrition

6 French Toast
Tator Tots
Fresh Apple
Fresh Orange
Low Fat Milk
Skim Milk

7 **Election Day
No School**

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

9 Bacon, Egg and Cheese
Breakfast Sandwich
Tator Tots
Fresh Orange
Melon Cup
Low Fat Milk
Skim Milk

10 **Veterans' Day
No School**

13 French Toast
Tator Tots
Fresh Apple
Fresh Orange
Low Fat Milk
Skim Milk

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

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

16 Bacon, Egg and Cheese
Breakfast Sandwich
Tator Tots
Fresh Orange
Melon Cup
Low Fat Milk
Skim Milk

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

20 French Toast
Tator Tots
Fresh Apple
Fresh Orange
Low Fat Milk
Skim Milk

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

22 **Early Dismissal**

23 **Happy Thanksgiving!**

24

27 French Toast
Tator Tots
Fresh Apple
Fresh Orange
Low Fat Milk
Skim Milk

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

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

30 Bacon, Egg and Cheese
Breakfast Sandwich
Tator Tots
Fresh Orange
Melon Cup
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

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

Available Daily

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

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.