

# Welcome to our Lunch Cafe @

Fairfield Elementary Schools

January 2018

Monday

Tuesday

Wednesday

Thursday

Friday



1 Chicken Tenders  
*crispy chicken tenders perfect for dipping in your favorite sauce*  
With Whole Wheat Dinner Roll  
Side of Carrots  
Green Beans  
Applesauce  
100% Juice Fruit Punch

3 French Toast   
With Syrup  
Tator Tots  
Red Pepper Strips  
Fresh Banana  
Fresh Orange  
**French Toast Sticks!**

4 **Snow Days!**

5

Weekly Alternate: Organic Whole Grain New York Pretzel with Ranch Hummus

8 Popcorn Chicken  
*breaded chicken bites baked to perfection*  
With Whole Wheat Dinner Roll  
Side of Carrots  
Grape Tomatoes  
Fresh Orange  
Applesauce

9 Meatball Parmesan Sandwich  
*warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese*   
Garbanzo Beans  
Red Pepper Strips  
Pineapple  
100% Juice Fruit Punch

10 Pancakes  
*fluffy, warm pancakes*   
With Syrup  
Turkey Sausage links  
Tator Tots  
Glazed Carrots  
Fresh Apple  
Fresh Banana

11 Mac & Cheese  
*pasta in cheese sauce, garnished with parsley*   
Steamed Broccoli  
Cucumber Coins  
100% Orange Juice Blend  
Fresh Grapes

12 Cheese Pizza   
Or Turkey Bacon Pizza   
Squash Medley  
Celery Sticks  
Fresh Banana  
Fresh Orange

Weekly Alternate: Ham & Cheese Sandwich on Whole Grain Bread



15 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce*   
Lemon Marinated Carrots  
Corn  
Fresh Apple  
100% Juice Fruit Punch

17 BBQ Chicken  
Brown Rice  
Steamed Broccoli  
Red Pepper Strips  
Fresh Banana  
Strawberry Cup

18 Beef Hot Dog on Bun  
*juicy beef hot dog on a soft bun*  
Baked Beans  
Fresh Cucumber Salad  
Fresh Orange  
Apple Grape 100% Juice

19 Cheese Pizza   
Or Chicken Pizza   
Garden Salad  
Celery Sticks  
Fresh Apple  
Fresh Grapes

Weekly Alternate: Garden Salad with Diced Chicken & Two Whole Grain Dinner Rolls

22 Crispy Chicken Sandwich  
*crispy breaded chicken on a bun*  
Green Beans  
Fresh Broccoli  
Applesauce  
Fresh Orange

23 Pasta & Meat Sauce  
*freshly cooked pasta with meat sauce*   
Roasted Squash  
Cucumber Coins  
Fresh Apple  
100% Juice Fruit Punch

24 Fruity Granola Parfait  
*Lowfat vanilla yogurt layered with berries and granola*   
Baked Potato Wedges  
Fresh Baby Carrots  
Fresh Banana  
Strawberry Cup

25 Chicken Quesadilla  
*grilled flour tortilla filled with juicy chicken and melty cheese*  
Mild Salsa  
Garbanzo Beans  
Celery  
Apple Grape 100% Juice  
Fresh Orange

26 Cheese Pizza   
Or Meatball Pizza   
Squash Medley  
Garden Salad  
Fresh Grapes  
Fresh Apple

Weekly Alternate: Boar's Head Turkey & Cheese Sandwich on Whole Grain Bread

29 Chicken Wings  
*breaded chicken wings baked to perfection*  
With Pretzel  
Steamed Spinach  
Grape Tomatoes  
Fresh Apple  
Sliced Oranges

30 Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Or Burger  
Oven Baked Fries  
Red Pepper Strips  
Apple Cherry 100% Juice  
Cinnamon Applesauce

31 Stuffed Bread Sticks  
*baked bread sticks filled with melted cheese*   
Spaghetti Sauce   
Side of Carrots  
Cucumber Coins  
Fresh Banana  
Blueberries

Weekly Alternate: Chicken Caesar Salad with Two Whole Grain Dinner Rolls

**WHITSONS** School Nutrition

**HARVEST** of the MONTH

We proudly support clean, organic, local and sustainable agriculture.

## SIMPLY ROOTED™ in food and family

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices	
Lunch	\$2.85
Reduced:	\$0.40
Second Lunch	\$5.00
Lunch Includes: Skim Milk, Low Fat Milk, Fat Free	
Chocolate Milk or Lactose Free Milk, Fresh	
Seasonal Fruit & Fresh Vegetable Selection	
Organic Milk	\$1.50
A La Carte Milk:	\$0.55

All checks must be made payable to: Fairfield Public Schools Lunch

VEGETARIAN MADE WITH ALL NATURAL INGREDIENTS PORK VEGAN MADE WITH ORGANIC INGREDIENTS

### Daily Alternate Lunch Available:

**Tossed Garden Salad:** Romaine Lettuce, Tomato Wedge, Cucumber, Carrot, Low Fat Cheese, and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing

**Bagel Lunch:** Whole Wheat Bagel with Cream Cheese, Low-Fat String Cheese & Organic Low-Fat Yogurt

**Available Daily for Teachers:** Tossed Garden Salad Bowl or Chicken Caesar Salad Bowl, Boar's Head Ham or Turkey Whole Wheat Wrap, all served with choice of Milk, Fruit and Vegetable selection

If you have any questions or would like additional information, please contact the food service office at 203-255-8370.

\*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. This institution is an equal opportunity provider.