

Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

January 2019

MEATLESS MONDAY

HARVEST of the MONTH



Monday

Tuesday

Wednesday

Thursday

Friday

1



HAPPY NEW YEAR

2 Chicken Nuggets
Sweet Potato Fries
Fresh Orange
Fresh Baby Carrots
Strawberry Cup

3 Burger
burger on a freshly toasted bun
Cheeseburger
burger topped with cheese on a freshly toasted bun
Oven Baked Fries
crispy fries baked to perfection
Steamed Broccoli
Cucumber Coins
100% Orange Juice Blend

4 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Meatball Pizza
cheese pizza topped with sliced meatball
Spinach Salad
Celery Sticks
Fresh Apple
Fresh Banana

Weekly Alternate: Cheese Quesadilla on a Whole Wheat Wrap

7 Stuffed Bread
baked bread sticks filled with melted cheese
Spaghetti Sauce
Carrot Sticks
Steamed Peas
Fresh Orange

8 Whole Grain Fish Sticks
Tartar Sauce
Crispy Potato Puffs
crisp potato rounds baked to perfection
Strawberry Cup

9 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
With Honey Mustard Dressing
Steamed Carrots
Cucumber Coins
Fresh Apple

10 Homemade Pasta
Bolognese
freshly cooked pasta with meat sauce made from scratch
Black Beans
Steamed Broccoli
Fresh Banana
100% Juice Fruit Punch

11 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepper & Onion Pizza
freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions
Spinach Salad
Strawberry Cup

Weekly Alternate: General Tso's Chicken Wrap

14 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Sweet Corn
Red Pepper Strips
Applesauce

15 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Oven Baked Fries
100% Juice Fruit Punch
Steamed Broccoli
Fresh Orange

16 Whole Grain French Toast
Slices
whole grain slices of French toast baked to perfection
Turkey Sausage Patty
Syrup
Celery Sticks
Strawberry Cup

17 Chicken Fajita Wrap
seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house
Confetti Garbanzo Bean Salad
Apple 100% Juice

18 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
cheese pizza topped with pepperoni
Fresh Apple
Fresh Banana

Weekly Alternate: Hamburger on a Whole Wheat Roll

21



MARTIN LUTHER KING JR. DAY

22 Fluffy Whole Grain Pancakes
warm whole grain pancakes
Turkey Sausage Patty
Fresh Banana
Syrup
Celery Sticks
Strawberry Cup

23 Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes
Garbanzo Beans
Fresh Banana
Fresh Apple

24 Crispy Tacos
homemade spicy taco meat inside a crispy taco shell topped with cheese
Mild Salsa
Green Beans
David's Sugar Cookie
Sugar Cookie with your Lunch
IT'S STUDENT APPRECIATION DAY

25 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Chicken Pizza
pizza topped with mozzarella cheese and chicken
Carrot Dippers
Steamed Spinach
Berry Cup

Weekly Alternate: Breaded Chicken Patty on a Whole Wheat Roll

28 Grilled Cheese Sandwich
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup
Steamed Broccoli
Cucumber Coins
Fresh Apple

29 Burger
burger on a freshly toasted bun
Or
Cheeseburger
burger topped with cheese on a freshly toasted bun
With Oven Baked Fries
Red Pepper Strips
Strawberry Cup

30 Chicken and Waffles
crispy chicken tenders on top of fluffy waffles
Syrup
Celery Sticks
Fresh Banana

31 Korean BBQ Chicken
chicken strips smothered in Korean BBQ sauce
Brown Rice
Fresh Apple
Fresh Orange
Fresh Baby Carrots

NATIONAL SOUP MONTH!

Weekly Alternate: Chicken Ranch Wrap



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



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

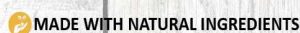
Daily Alternate Lunch Available:

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

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



*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.