

Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

October 2018

MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Bread Sticks Spaghetti Sauce Steamed Peas Broccoli Bites Applesauce Fresh Orange	2 Meatball Hero Steamed Spinach Red Pepper Strips Fresh Apple 100% Orange Juice Blend	3 Whole Grain French Toast Slices With Syrup Scrambled Eggs Fresh Baby Carrots Fresh Orange	4 Crispy Popcorn Chicken Fresh Banana Garbanzo Beans Green Pepper Slices Apple 100% Juice Fresh Melon Cup	5 Cheese Pizza Or Pepperoni Pizza Steamed Carrots Celery Sticks Fresh Apple
Weekly Alternate Chicken Patty on Whole Grain Roll				
8 Mozzarella Sticks Spaghetti Sauce Fresh Baby Carrots Steamed Broccoli Fresh Orange Applesauce	9 Barbecue Rib Sandwich <i>warm BBQ rib patty on a bun prepared in-house</i> Baked Potato Wedges Grape Tomatoes 100% Juice Fruit Punch Pineapple	10 Fluffy Whole Grain Pancakes With Syrup Crispy Sausage Links Celery Fresh Apple Fresh Banana	11 Homemade Mac & Cheese Black Beans Cucumber Coins 100% Orange Juice Blend Blueberries Steamed Carrots	12 Cheese Pizza Or Broccoli Pizza Squash Medley Fresh Banana Fresh Orange
Weekly Alternate: Garden Salad w/ Diced Chicken & 2 Whole Wheat Dinner Rolls				
15 Grilled Cheese Sandwich Grape Tomatoes Fresh Orange Applesauce Lemon Marinated Carrots	16 Cheeseburger Burger WW Burger Bun Sweet Corn Fresh Apple Apple Grape 100% Juice	17 Whole Grain French Toast Turkey Bacon Steamed Broccoli Fresh Banana Red Pepper Strips Blueberries	18 Baked Chicken Tenders Baked Beans Fresh Cucumber Salad Fresh Orange 100% Juice Fruit Punch	19 Cheese Pizza Or Chicken Pizza Steamed Spinach Celery Sticks Fresh Apple
Weekly Alternate: Boar's Head Ham & American Cheese on a Whole Wheat Wrap				
22 Scrambled Eggs with Cheese Baked Potato Wedges Carrot Dippers Applesauce Fresh Orange	23 Pasta & Meatballs Steamed Carrots Cucumber Coins Fresh Apple 100% Juice Fruit Punch	24 Whole Grain Waffles with Sausage With Syrup Crispy Potato Puffs Fresh Baby Carrots Fresh Banana Blueberries	25 Stuffed Bread Sticks Spaghetti Sauce Black Beans Celery Fresh Orange Apple Grape 100% Juice	26 Cheese Pizza Or Spinach Pizza Squash Medley Garden Salad Fresh Melon Cup Fresh Apple
Weekly Alternate: Chicken Caesar Salad				
29 Fruity Parfait Yogurt w/ Belly Bears Celery Sticks Fresh Apple Sliced Oranges	30 Cheeseburger Or Burger Oven Baked Fries Red Pepper Strips Apple Cherry 100% Juice Fresh Banana	31 Sloppy Joe Nachos Salsa Garbanzo Beans Fresh Banana Fresh Pear	<div data-bbox="941 1478 1484 1568" data-label="Section-Header"> <h2>HARVEST of the MONTH</h2> </div> <div data-bbox="941 1579 1276 1758" data-label="Text"> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div data-bbox="1300 1568 1516 1792" data-label="Image"> </div> <div data-bbox="1212 1702 1332 1769" data-label="Image"> </div>	
Weekly Alternate: Boar's Head Turkey & American Cheese on a Whole Wheat Wrap				



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



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

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.