

# Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

November 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

## HARVEST of the MONTH

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



5 Stuffed Bread  
*baked bread sticks filled with melted cheese*  
Spaghetti Sauce  
Celery  
Fresh Apple  
Garden Salad with Cheese Entree

6 Election Day  
**SCHOOL CLOSED TODAY**

7 Pasta with Butter  
And Shredded Mozzarella Cheese  
With Whole Wheat Dinner Roll  
Sweet Corn  
Red Pepper Strips  
Fresh Apple  
Sliced Oranges

1 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Cucumber Coins  
100% Orange Juice Blend  
Fresh Melon Cup  
Oven Baked Fries

2 Cheese Pizza  
Turkey Pepperoni  
Spinach Salad  
Celery Sticks  
Sliced Oranges  
Fresh Banana

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

12 IT'S VETERANS DAY

13 Crispy Popcorn Chicken  
*crispy breaded chicken bites baked to perfection*  
Black Beans  
Blueberries  
Apple Cherry 100% Juice  
Green Beans

14 Burger  
*burger on a freshly toasted bun*  
Or Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Steamed Broccoli  
Glazed Carrots  
Applesauce  
Sliced Oranges

15 Yogurt Parfait  
And Whole Grain Honey Bear Graham Crackers  
Glazed Carrots  
Applesauce  
100% Orange Juice Blend  
**Organic Yogurt!**

16 Cheese Pizza  
Pepperoni Pizza  
*cheese pizza topped with pepperoni*  
Squash Medley  
Celery Sticks  
Fresh Banana

Weekly Alternate: Cheese Quesadilla on a Whole Grain Wrap

Weekly Alternate: Crispy Chicken Patty on Whole Wheat Roll

19 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce*  
Spaghetti Sauce  
Sweet Corn  
Broccoli Bites  
Sliced Oranges  
Fresh Apple

20 Roasted Turkey with Gravy  
*oven roasted turkey breast smothered with gravy*  
Fluffy Mashed Potatoes  
Cinnamon Applesauce  
100% Orange Juice Blend  
Celery  
Dinner Roll  
Fresh Baby Carrots

21 Cheese Pizza  
Cucumber Coins  
Fresh Banana  
Fresh Orange  
Fresh Baby Carrots

22 THANKSGIVING DAY

23 SCHOOL CLOSED TODAY

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

26 Homemade Mac & Cheese  
*pasta in cheese sauce, garnished with parsley*  
Fresh Baby Carrots  
Black Beans  
Fresh Orange  
Cucumber Coins

27 Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Burger  
*burger on a freshly toasted bun*  
Sweet Corn  
Celery  
Sliced Oranges  
Apple Cherry 100% Juice

28 Whole Grain French Toast  
Turkey Sausage Patty  
Fresh Banana  
Applesauce  
Fresh Baby Carrots  
**BRUNCH FOR LUNCH TODAY!**

29 Mixed Up Chicken  
*golden chicken nuggets and chicken tenders with a dinner roll*  
Cucumber Coins  
Fresh Apple  
100% Orange Juice Blend  
Fresh Strawberries  
Steamed Spinach

30 Meat Lovers Pizza  
Turkey Pepperoni  
Turkey Sausage Patty  
Green Bean Salad  
*green beans tossed with dressing*  
Fresh Banana  
Celery  
Apple Slices

Weekly Alternate: Grilled Chicken Fillet on a Whole Wheat Hamburger Roll



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



### 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:** 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.