

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.



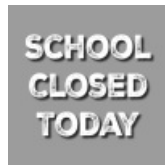
1 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Cucumber Coins
100% Orange Juice Blend
Fresh Melon Cup
Oven Baked Fries

2 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Turkey Pepperoni
Spinach Salad
Celery Sticks
Sliced Oranges
Fresh Banana

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

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

6 Election Day



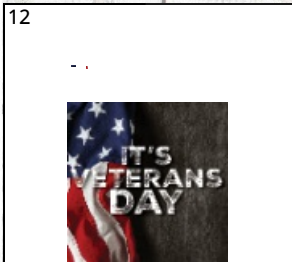
7 Pasta with Butter
And Shredded Mozzarella Cheese
With Whole Wheat Dinner Roll
Sweet Corn
Red Pepper Strips
Fresh Apple
Sliced Oranges

8 Yogurt Parfait
And Whole Grain Honey Bear Graham Crackers
Glazed Carrots
Applesauce
100% Orange Juice Blend

9 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Squash Medley
Celery Sticks
Fresh Banana
Watermelon Cup

Organic Yogurt!

Weekly Alternate: Cheese Quesadilla on a Whole Grain Wrap



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 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese
Fresh Apple
100% Juice Fruit Punch

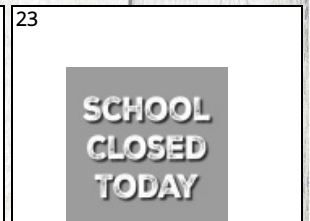
16 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Pepperoni Pizza
cheese pizza topped with pepperoni
Squash Medley
Celery Sticks
Fresh Banana

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
crispy pizza dough topped with tomato sauce and melted cheese
Cucumber Coins
Fresh Banana
Fresh Orange
Fresh Baby Carrots



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



Weekly Alternate: Chicken Caesar Salad

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



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



*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.