

Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

December 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.



3 Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection 🍴🍴🍴
Broccoli Bites
Applesauce
Fresh Orange

4 Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun
And Crispy Potato Puffs
crisp potato rounds baked to perfection
Red Pepper Strips
Fresh Apple

5 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection 🍴
Crispy Sausage Links With Syrup
Fresh Baby Carrots
Fresh Orange

6 Crispy Popcorn Chicken
Brown Rice
Sweet & Sour Sauce
Green Pepper Slices
Apple 100% Juice
Sweet & Sour Dipping Sauce !

7 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese 🍴
Pepperoni Pizza 🍴
Steamed Carrots
Celery Sticks
Fresh Apple

Weekly Alternate: Chicken Patty on Whole Grain Roll

10 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🍴
Spaghetti Sauce 🍴
Fresh Baby Carrots
Steamed Broccoli
Fresh Orange
Applesauce

11 Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Baked Potato Wedges
Fresh Apple
Fresh Orange

12 Fluffy Whole Grain Pancakes
warm whole grain pancakes 🍴
With Syrup
Crispy Sausage Links
Celery
Fresh Apple
Fresh Banana

13 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍴
Black Beans
Cucumber Coins
100% Orange Juice Blend
Steamed Carrots

14 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese 🍴
Or Broccoli Pizza
freshly made pizza topped with fresh mozzarella cheese and crisp broccoli florets 🍴
Grape Tomatoes
Fresh Banana

Weekly Alternate: Cheeseburger on a Whole Wheat Bun

17 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley 🍴🍴
Grape Tomatoes
Fresh Orange
Applesauce

18 Cheeseburger
WW Burger Bun
Burger
Pickle Chips
Sweet Corn
Fresh Apple
Served with Pickle Chips !

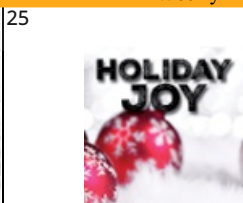
19 Turkey and Cheese Melt
thinly sliced turkey breast and melted American cheese on toasty bread
Green Beans
Red Pepper Strips
David's Sugar Cookie

20 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Oven Baked Fries
Fresh Cucumber Salad
Fresh Orange
100% Juice Fruit Punch

21 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese 🍴
Or Chicken Pizza
pizza topped with mozzarella cheese and chicken 🍴
Steamed Carrots
Celery Sticks
Fresh Apple

Weekly Alternate: Tuna Salad Sandwich

24 WINTER BREAK



25 WINTER BREAK

26 WINTER BREAK

27 WINTER BREAK

28 WINTER BREAK

31 WINTER BREAK

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



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.