

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

February 2018

Monday

Tuesday

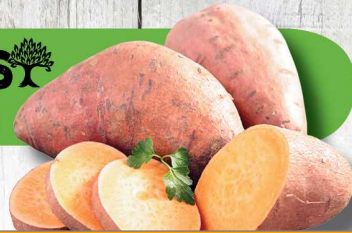
Wednesday

Thursday

Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.

Weekly Alternate: Chicken Caesar Salad with Two Whole Grain Dinner Rolls

- 1 Honey Mustard Chicken Wrap 🌱
Beans
Green Pepper Slices
100% Orange Juice Blend
Melon Cup

- 2 Cheese Pizza 🍷
Or Pepperoni Pizza 🍷
Steamed Broccoli
Celery Sticks
Strawberry Cup
Fresh Apple

- 5 Popcorn Chicken With Whole Wheat Dinner Roll
Side of Carrots
Grape Tomatoes
Fresh Orange
Applesauce

- 6 Meatball Parmesan Sandwich 🍷
Garbanzo Beans
Red Pepper Strips
Pineapple
100% Juice Fruit Punch

- 7 Pancakes 🌱 With Syrup
Turkey Sausage links
Tator Tots
Glazed Carrots
Fresh Apple
Fresh Banana

- 8 Mac & Cheese 🌱
Steamed Broccoli
Cucumber Coins
100% Orange Juice Blend
Strawberry Cup

- 9 Cheese Pizza 🍷
Or Turkey Bacon Pizza 🍷
Squash Medley
Celery Sticks
Fresh Banana
Fresh Orange

Weekly Alternate: Ham & Cheese Sandwich on Whole Grain Bread

- 12 Crispy Chicken Sandwich *crispy breaded chicken on a bun*
Green Beans
Fresh Broccoli
Applesauce
Fresh Orange

- 13 Beef Hot Dog on Bun *juicy beef hot dog on a soft bun*
Beans
Fresh Cucumber Salad
Blueberries
Apple Cherry 100% Juice

- 14 Grilled Cheese *melted cheese on golden toasted bread* 🌱
Steamed Broccoli
Red Pepper Strips
Fresh Banana
Strawberry Cup

- 15 Tangerine Chicken
Brown Rice 🌱
Corn
Lemon Marinated Carrots
Fresh Apple
100% Juice Fruit Punch

16 **No School Professional Development Day**

Weekly Alternate: Garden Salad with Diced Chicken & Two Whole Grain Dinner Rolls



- 20 Chicken Wings With Pretzel
Garbanzo Beans
Celery
Grape Tomatoes
Apple Grape 100% Juice
Fresh Orange

- 21 Yogurt Parfait 🌱
Honey Graham Belly Bears
Baked Potato Wedges
Fresh Baby Carrots
Fresh Banana
Strawberry Cup

Organic Yogurt!

- 22 Pasta & Meat Sauce 🍷
Roasted Squash
Cucumber Coins
100% Juice Fruit Punch
Fresh Apple

- 23 Cheese Pizza 🍷
Or Meatball Pizza 🍷
Steamed Spinach
Garden Salad
Fresh Apple
Strawberry Cup

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

- 26 Nachos Grande 🍷
Mild Salsa
Garbanzo Beans
Celery
Fresh Apple
Sliced Oranges

- 27 Cheeseburger Or Burger
Oven Baked Fries
Red Pepper Strips
100% Juice Fruit Punch
Cinnamon Applesauce

- 28 Stuffed Bread Sticks 🌱
Spaghetti Sauce 🍷
Side of Carrots
Cucumber Coins
Blueberries
Strawberry Cup

Weekly Alternate: Organic Whole Grain New York Pretzel with Ranch Hummus

SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



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

🌱 VEGETARIAN 🍷 MADE WITH ALL NATURAL 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.