

# Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

February 2019

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.



Weekly Alternate: Chicken Ranch Wrap

4 Pizza Bite & Mozzarella Stick Combo  
everyone's two favorite foods on one plate! crispy pizza bites and gooey mozzarella sticks served with dipping sauce  
Cucumber Coins  
Fresh Orange  
Fresh Banana

5 Crispy Popcorn Chicken  
crispy breaded chicken bites baked to perfection  
Steamed Broccoli  
Red Pepper Strips  
Fresh Banana  
100% Juice Fruit Punch  
Whole Wheat Dinner Roll

6 Whole Grain French Toast Slices  
whole grain slices of French toast baked to perfection  
Turkey Sausage Patty  
Celery  
Fresh Apple  
Strawberries

7 Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese  
Steamed Carrots  
Black Beans  
Applesauce  
100% Juice Fruit Punch

8 Cheese Pizza  
Or  
BBQ Chicken Pizza  
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion  
Garden Salad  
Celery  
Fresh Banana  
Fresh Apple

Weekly Alternate: Cheese Quesadilla on a Whole Grain Wrap

11 Grilled Cheese Sandwich  
golden toasted bread with melted gooey-cheese pressed and prepared in-house  
Crispy Potato Puffs  
crisp potato rounds baked to perfection  
Grape Tomatoes  
Mixed Berry Cup

12 General Tso's Chicken  
Rice Bowl  
General Tso's chicken bowl with brown rice, broccoli, and scallions  
Steamed Carrots  
Fresh Banana  
Applesauce  
100% Juice Fruit Punch

13 Chicken Parmesan Over Pasta  
oven baked chicken topped with sauce and melted cheese, all over pasta  
Green Beans  
Fresh Orange  
Strawberries

14 Baked Chicken Tenders  
crispy chicken tenders perfect for dipping in your favorite sauce  
Sweet Potato Fries  
Confetti Garbanzo Bean Salad  
Fresh Apple  
David's Sugar Cookie  
100% Juice Fruit Punch

15 SCHOOL CLOSED TODAY

National Potato Lovers Month!

National Italian Food Day!

IT'S STUDENT APPRECIATION DAY

Weekly Alternate: Beef Burger on Whole Wheat roll

18 PRESIDENT'S DAY

19 Cheeseburger  
burger topped with cheese on a freshly toasted bun  
Or Burger  
burger on a freshly toasted bun  
Sweet Potato Fries  
Grape Tomatoes  
Fresh Orange  
100% Juice Fruit Punch

20 Fluffy Whole Grain Pancakes  
warm whole grain pancakes  
Egg Patty  
Crispy Potato Puffs  
Cucumber Coins  
Fresh Apple  
Lemon Marinated Carrots

21 Honey Mustard Chicken  
Wrap  
freshly sliced chicken strips arranged under crisp lettuce and tomatoes drizzled with honey mustard dressing in a soft tortilla wrap  
Celery  
100% Juice Fruit Punch  
Garbanzo Beans

22 Cheese Pizza  
crispy pizza dough topped with tomato sauce and melted cheese  
With Spinach Salad  
And Cucumber Coins  
Strawberry Cup

Weekly Alternate Pizza Bites

25 Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce  
Spaghetti Sauce  
Steamed Broccoli  
Fresh Apple  
Fresh Orange

26 Crispy Popcorn Chicken  
crispy breaded chicken bites baked to perfection  
Baked Potato Wedges  
Fresh Banana  
Mixed Berry Cup  
100% Juice Fruit Punch

27 Baked Chili Mac  
bean chili mixed with creamy cheese and macaroni topped with melted shredded cheese  
Celery  
Applesauce  
Fresh Orange  
Peas and Carrots

28 Chicken and Waffles  
crispy chicken tenders on top of fluffy waffles  
With Syrup  
Chickpea Salad  
Cucumber Coins  
Fresh Banana  
100% Juice Fruit Punch

Weekly Alternate: BBQ Chicken Sandwich

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and 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

Earn Cash While your Children learn

### 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 | Fair 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.