

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

March
2017

Monday

Tuesday

Wednesday

Thursday

Friday

WHITSON'S Produce of the Month
Spinach



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

6
Chicken Tenders Plate
Corn
Grape Tomatoes
Fresh Orange
Fresh Apple

7
Meatball Parmesan Hero
freshly baked meatballs topped with tomato sauce and cheese
Carrots
Fresh Spinach
Fresh Orange
Apple 100% Juice

8
Pancakes and Turkey Sausage
light and fluffy pancakes served with a turkey sausage patty with Syrup
Baked Tater Tots
Baby Carrots
Blueberries
Fresh Apple

9
Soft Beef Taco
Black Beans
Cucumber Coins
Fresh Orange
100% Juice Fruit Punch

10
Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket or Garlic Bread Pizza garlic bread topped with mozzarella cheese and sauce ✓
Oven Baked Fries
Broccoli Tips w/ Ranch Dip
Banana
Applesauce

Weekly Alternate: Chicken Caesar Salad w/ 2 Whole Wheat Dinner Rolls

National School Breakfast Week

13
Cheeseburger
burger with American cheese on a whole wheat bun
or Charbroiled Burger
juicy charbroiled hamburger served on a whole wheat bun
Baked Potato Wedges
Baby Carrots
Fresh Apple
Fresh Orange

14
Mac & Cheese
whole grain elbow pasta in a creamy cheese sauce ✓
Steamed Green Beans
Sweet Red Pepper Strips
Fresh Orange
Apple 100% Juice

15
Popcorn Chicken
crispy whole grain breaded chicken bites
with WW Dinner Roll
Baked Sweet Potato Fries
Celery Sticks
Fresh Apple
Banana

16
Grilled Cheese Sandwich
melted American cheese served on toasty whole wheat bread ✓
Steamed Spinach
Garbanzo Beans
Fresh Orange
100% Juice Fruit Punch

17
Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Broccoli
Sliced Cucumber
Fresh Orange
Banana

Weekly Alternate: Organic Hummus & Organic Whole Grain Pretzel

20
Baked Chicken Nuggets
with choice of dipping sauce
Brown Rice
Peas
Carrot Sticks w/ Ranch Dip
Fresh Orange
Fresh Apple

21
Homemade Baked Ziti
ziti baked in marinara sauce with melted mozzarella, ricotta and parmesan cheeses ✓
Steamed Green Beans
Sweet Red Pepper Strips
Applesauce
Orange 100% Juice

22
NY Pretzel ✓
and Cheese Sauce
Carrots
Broccoli Florets
Fresh Orange
Banana
Organic Pretzel!

23
Loaded Beef Nachos
Kidney Beans
Cucumber Coins
Fresh Apple
100% Juice Fruit Punch

24
Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket or Garlic Bread Pizza garlic bread topped with mozzarella cheese and sauce ✓
Oven Baked Fries
Broccoli Florets
Fresh Orange
Banana

Weekly Alternate: Boar's Head Ham & American Cheese on a Whole Wheat Wrap

27
Cheesy Stuffed Breadsticks
with Marinara Sauce ✓
Baked Tater Tots
Grape Tomatoes
Fresh Orange
Fresh Apple

28
Crispy Chicken Patty Sandwich
crispy white meat chicken patty on a fluffy bun
Baked Sweet Potato Fries
Celery Sticks
Banana
Apple 100% Juice

29
French Toast with Syrup ✓
Scrambled Eggs
Turkey Bacon
Hash Browns
Baby Carrots
Strawberries
Fresh Apple

30
Chicken & Cheese Quesadilla
fiesta style chicken with melted cheddar cheese pressed inside a whole wheat tortilla
Black Beans
Corn
Banana
Applesauce

31
Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Steamed Spinach
Grape Tomatoes
Fresh Orange
Fresh Apple

Weekly Alternate: Garden Salad w/ Diced Chicken, Served w/ 2 Whole Wheat Dinner Rolls

We purchase locally harvested produce whenever it's seasonally available, but we also take special care to make sure the rest of our produce is flash frozen within hours of harvesting. Flash freezing seals the vitamins and nutrients in, so our produce is loaded with nutritional

goodness. Our partners at Endico use mobile facilities that flash freeze produce right on the farm. Follow our QR code to learn more.



Lunch Prices

Lunch \$2.65

Reduced: .40

Lunch Includes:

Skim Milk, Low Fat Milk, Fat Free

Chocolate Milk or Lactose Free Milk

Organic Milk \$1.50

Fresh Seasonal Fruit and Fresh

Vegetables Selection

If you have any questions or would like

additional information, please contact

the food service office at 203-255-8370

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

*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. USDA is an equal opportunity provider, employer, and lender.