

Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

March 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.



1 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or
Pepperoni Pizza
Celery Sticks
Fresh Banana
Fresh Apple

Weekly Alternate: BBQ Chicken Sandwich

4 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Or
Spaghetti Sauce
Sweet Corn
Fresh Baby Carrots
Fresh Orange
Mixed Berry Cup

5 General Tso's Chicken Rice Bowl
General Tso's chicken bowl with brown rice, broccoli, and scallions
Or
Steamed Carrots
Red Pepper Strips
Fresh Banana
100% Juice Fruit Punch

6 Fluffy Whole Grain Pancakes
warm whole grain pancakes
Or
Egg Patty
Celery Sticks
Strawberry Cup
Fresh Orange
Syrup

7 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Or
Black Beans
Cucumber Coins
Fresh Apple
100% Juice Fruit Punch

8 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or
Pepperoni Pizza
Garden Salad
Grape Tomatoes
Fresh Orange
Fresh Banana

Weekly Alternate: Cheese Quesadilla on a Whole Wheat Tortilla

11 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Or
Corn & Pepper Salad
Grape Tomatoes
Fresh Orange
Applesauce
National Eat Your Noodles Day!

12 Burger
burger on a freshly toasted bun
Or
Cheeseburger
burger topped with cheese on a freshly toasted bun
Red Pepper Strips
Fresh Apple
Strawberry Cup
100% Juice Fruit Punch

13 Sweet & Sour Chicken
Sauce & Toss
Brown Rice
Steamed Broccoli
Carrot Dippers
Blueberries
HARVEST

14 Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Beans
Cucumber Coins
Fresh Banana
100% Juice Fruit Punch

15 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or
Chicken Pizza
pizza topped with mozzarella cheese and chicken
Spinach Salad
Celery Sticks
Fresh Apple

Weekly Alternate: Fruit Parfait topped with Granola

18 Pizza Bites
bite size pizza pockets
Spaghetti Sauce
Oven Baked Fries
crispy fries baked to perfection
Carrot Dippers
Mixed Berry Cup
Fresh Banana
HARVEST

19 French American Griller
warm French toast sandwich prepared in-house with fluffy eggs and melted cheese
Or
Celery
Fresh Orange
100% Juice Fruit Punch
IT'S BRUNCH FOR LUNCH!

20 Cheese Ravioli with Meatballs
Spaghetti Sauce
Green Beans
Red Pepper Strips
Applesauce
Strawberry Cup
National Ravioli Day!

21 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Refried Beans
Cucumber Coins
Fresh Orange
100% Juice Fruit Punch

22 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or
Pepperoni Pizza
Carrot Dippers
Strawberry Cup
Fresh Apple
National Water Day!

Weekly Alternate: Cheeseburger on a Whole Wheat Bun

25 Rainbow Grilled Cheese
golden toasted bread with gooey melted American and mozzarella cheese prepared in-house
Crispy Potato Puffs
Tomato Salad
Fresh Banana
Mixed Berry Cup
HARVEST

26 Chicken and Waffles
crispy chicken tenders on top of fluffy waffles
Orange Glazed Carrots
Celery Sticks
Fresh Apple
100% Juice Fruit Punch
National Waffle Day!

27 Jumpin Jack Burger Wrap
burger topped with salsa and cheddar cheese wrapped in a tortilla
Or
Steamed Spinach
Carrot Dippers
Applesauce
Fresh Banana

28 Crispy Chicken Patty
chicken patty breaded and baked until crispy
Whole Wheat Hamburger Bun
Confetti Black Bean Salad
Red Pepper Strips
Fresh Orange
100% Juice Fruit Punch

29 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or
Meatball Pizza
cheese pizza topped with sliced meatball
Garden Salad
Blueberries
Applesauce

Weekly Alternate: Ranch Chicken Wrap



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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	\$.055

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.