

# Welcome to our Lunch Cafe @

Fairfield Elementary Schools

**April**  
2017

## Monday

3 Popcorn Chicken  
*crispy whole grain breaded chicken bites*  
Whole Wheat Dinner Roll  
Corn  
Grape Tomatoes  
Fresh Orange  
Fresh Apple

## Tuesday

4 Cheeseburger\*  
*a juicy beef patty topped with American cheese on a bun or Charbroiled Burger juicy charbroiled hamburger served on a whole wheat bun*  
Baked Sweet Potato Fries  
Celery Sticks  
Fresh Orange  
Apple 100% Juice

## Wednesday

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

## Thursday

6 Grilled Cheese Sandwich  
*melly American cheese sandwiched between two slices of grilled whole wheat bread*  
Vegetarian Baked Beans  
Cucumber Coins  
Fresh Orange  
100% Juice Fruit Punch

## Friday

7 Pizza Bites  
*cheese and tomato sauce baked in a crispy whole grain pocket*  
Mixed Vegetables  
Broccoli Tips w/ Ranch Dip  
Strawberry Cup  
Applesauce

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

# Spring Break!

17 Baked Chicken Nuggets  
*with choice of dipping sauce*  
Lite Veggie Pasta Salad  
Peas  
Carrot Sticks w/ Ranch Dip  
Fresh Orange  
Fresh Apple

18 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

19 French Toast Sticks  
*crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup* ✓  
Scrambled Eggs  
Baked Tater Tots  
Baby Carrots  
Fresh Orange  
Banana

20 Texas Rib Sandwich  
*boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun*  
Oven Baked Fries  
Garbanzo Beans  
Strawberry Cup  
100% Juice Fruit Punch

21 Cheese Pizza  
*plain cheese whole wheat pizza slice* ✓  
or Turkey Pepperoni Pizza  
*cheesy pizza topped with turkey pepperoni, made with a whole grain crust*  
Garden Salad  
Steamed Carrots  
Fresh Orange  
Banana

Weekly Alternate: Chicken Caesar Salad on a Whole Wheat Wrap

24 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce* ✓  
with Whole Wheat Dinner Roll  
Corn  
Grape Tomatoes  
Fresh Orange  
Fresh Apple

25 Crispy Chicken Patty Sandwich  
*crispy white meat chicken patty on a fluffy bun*  
Baked Sweet Potato Fries  
Cucumber Coins  
Fresh Cantaloupe Cup  
Apple 100% Juice

26 NY Pretzel ✓  
with Cheese Sauce  
Steamed Broccoli  
Baby Carrots  
Banana  
Fresh Apple

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

28 Garlic Bread Pizza  
*garlic bread topped with mozzarella cheese and sauce* ✓  
Steamed Spinach  
Celery Sticks  
Fresh Orange  
Fresh Apple

Weekly Alternate: Organic Vanilla Yogurt Parfait with Mixed Berries & Whole Grain Graham Cracker Bears



## Produce of the Month

# Bananas



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

We've partnered with Stonyfield to bring you the very best in yogurt. Everything they make isn't just delicious, it's certified organic - made without the use of toxic persistent pesticides, artificial hormones,

antibiotics and GMOs. Stonyfield also supports family farms and they take care of the world around us.



Follow the QR code to learn more.

### Lunch Prices

Lunch	\$2.65
Reduced:	\$ .40
Second Lunch	\$5.00

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