

Welcome to our Lunch Cafe at...

Learn while your Children Learn
 School Year Positions available in FFLD School Cafeterias
 Please visit www.whitsons.com/career/careercenter
 Click on CT and click on Fairfield

Fairfield Elementary Schools

April
 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

1 Stuffed Bread
 Tomato Sauce Dip
 Steamed Broccoli
 Sauteed Corn & Black Bean Salsa
 Fresh Banana
 Applesauce

2 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce*
 Crispy Potato Puffs
 Fresh Baby Carrots
 Fresh Orange
 100% Juice Fruit Punch

3 Whole Grain French Toast *slices of French toast baked to perfection*
 Turkey Sausage Patty Syrup
 Red Pepper Strips
 Celery Sticks
 Fresh Banana
 Applesauce

4 Burger *burger on a freshly toasted bun*
 Or Turkey
 Cheeseburger *burger topped with cheese on a freshly toasted bun*
 Peas and Carrots
 Strawberry Cup
 100% Juice Fruit Punch
 Ketchup

5 Cheese Pizza
 Or
 Pepperoni Pizza
 Tomato Salad
 Celery Sticks
 Fresh Banana
 Fresh Apple

National Walking Day!

Weekly Alternate: Pizza Bites

8 Tomato & Cheese Griller *hand crafted melted cheese sandwich with juicy fresh tomatoes between bread grilled to perfection*
 Crispy Potato Puffs
 Cucumber Coins
 Fresh Orange
 Fresh Apple

9 BBQ Chicken Sauce & Toss *popcorn chicken glazed with BBQ sauce*
 Turkey
 Brown Rice
 Sweet Corn
 Carrot Dippers
 Fresh Banana
 100% Juice Fruit Punch

10 Whole Grain Pancakes with Sausage *light and fluffy pancakes served with a sausage patty*
 Celery Sticks
 Strawberry Cup
 Fresh Orange
 Syrup

11 Meatball Sandwich *warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house*
 Turkey
 Chickpea Salad
 Red Pepper Strips
 Fresh Apple
 100% Juice Fruit Punch

12 Cheese Pizza
 Crispy Bacon Pizza
 Garden Salad
 Grape Tomatoes
 Fresh Orange
 Fresh Banana

BRUNCH FOR LUNCH TODAY!

Weekly Alternate: Stuffed Breadsticks

HARVEST

SCHOOL CLOSED TODAY



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22 Stuffed Bread *baked bread sticks filled with melted cheese*
 Tomato Sauce Dip
 Sweet Corn
 Carrot Dippers
 Fresh Apple

23 Crispy Tacos *homemade spicy taco meat inside a crispy taco shell topped with cheese*
 Brown Rice
 Green Beans
 Red Pepper Strips
 Fresh Orange
 100% Juice Fruit Punch

24 Chicken and Waffles *crispy chicken tenders on top of fluffy waffles*
 Celery Sticks
 Apple Slices
 Fresh Banana
 Syrup

25 Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce*
 Turkey
 Oven Baked Fries
 Black Beans
 Grape Tomatoes
 Fresh Orange
 100% Juice Fruit Punch
 Ketchup

26 Cheese Pizza
 Or
 Pepperoni Pizza
 Spinach Salad
 Carrot Dippers
 Strawberry Cup
 Fresh Apple

Weekly Alternate: Cheeseburger on Whole Wheat Bun

29 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce*
 Tomato Sauce Dip
 Celery
 Cucumber Coins
 Apple Slices
 Fresh Orange

30 Chicken Nuggets *crispy breaded chicken nuggets perfect for dipping in your favorite sauce*
 Baked Potato Wedges
 Celery Sticks
 Fresh Apple
 100% Juice Fruit Punch
 Ketchup

Weekly Alternate: Crispy Chicken Sandwich

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.

WHITSONS[®]
 School Nutrition



HARVEST

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

All checks must be made payable to: Fairfield Public Schools Lunch

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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.