

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

May 2017

Monday

1 Chicken Tenders Plate
whole grain crispy chicken tenders with a white wheat dinner roll
Peas
Grape Tomatoes
Fresh Orange
Fresh Apple

Tuesday

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

Wednesday

3 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

4 Hot Dog on a Bun
beef hot dog nestled on a soft bun and topped with your choice of condiments
Vegetarian Baked Beans
Celery Sticks
Fresh Orange
100% Juice Fruit Punch

Friday

5 Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Turkey Pepperoni Pizza
Mixed Vegetables
Garden Salad
Banana
Applesauce

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

8 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

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

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

11 Crispy Chicken Taco
fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa
Brown Rice
Black Beans
Grape Tomatoes
Fresh Orange
100% Juice Fruit Punch

12 Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Garlic Bread Pizza
garlic bread topped with mozzarella cheese and sauce ✓
Broccoli
Sliced Cucumber
Fresh Orange
Banana

Weekly Alternate: Organic Whole Grain Pretzel & Hummus

15 Baked Chicken Nuggets
with choice of dipping sauce
Corn
Grape Tomatoes
Fresh Orange
Fresh Apple

16 Mini Cheese Ravioli
mini cheesy ravioli topped with tomato sauce ✓
Cheesy Stuffed Breadsticks ✓
Steamed Carrots
Cucumber Coins
Applesauce
Orange 100% Juice

17 French Toast with Syrup
whole grain French toast served with syrup ✓
Scrambled Eggs
Baked Tater Tots
Baby Carrots
Strawberries
Banana

18 Grilled Cheese with Bacon
American cheese and turkey bacon on whole wheat bread
Steamed Spinach
Garbanzo Beans
Fresh Apple
100% Juice Fruit Punch

19 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 Green Beans
Broccoli Florets
Fresh Orange

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

22 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce ✓
with Whole Wheat Dinner Roll
Oven Baked Fries
Baby Carrots
Fresh Orange
Fresh Apple

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

24 Beef & Chicken Meatballs over Pasta
beef and chicken meatballs with tomato sauce over a bed of penne pasta
Steamed Broccoli
Baby Carrots
Banana
Fresh Apple

25 Chicken & Cheese Quesadilla
fiesta style chicken with melted cheddar cheese pressed inside a whole wheat tortilla
Kidney Beans
Cucumber Coins
Banana
Apple Grape 100% Juice

26 Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Garlic Bread Pizza
garlic bread topped with mozzarella cheese and sauce ✓
Caesar Side Salad
Steamed Carrots
Fresh Orange
Fresh Apple

Weekly Alternate: Chicken Caesar Salad Wrap

29 Memorial Day
No School

30 Texas Rib Sandwich
boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun
Baked Sweet Potato Fries
Grape Tomatoes
Fresh Orange
Applesauce

31 Scrambled Eggs ✓
with Shredded Cheddar
Turkey Bacon
and WW Bread
Hash Browns
Baby Carrots
Banana
Fresh Apple

Produce of the Month
Lettuce




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



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

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten & allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com or scan our QR code to see all that we are doing at your school to keep your kids healthy!




Lunch Prices
Lunch \$2.65
Reduced: \$0.40
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

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

*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.