

# Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

May 2018

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



1 Pasta with Sauce 🌱🌱🌱  
And Homemade Meatballs  
And Shredded Mozzarella  
Cheese  
Garbanzo Beans  
Red Pepper Strips  
Pineapple  
100% Juice Fruit Punch

2 Fluffy Whole Grain  
Pancakes 🌱 With Syrup  
Crispy Sausage Links  
Crispy Tator Tots  
Glazed Carrots  
Fresh Apple  
Fresh Banana  
**BRUNCH!**

3 Chicken Nuggets  
*crispy breaded chicken nuggets  
perfect for dipping in your favorite  
sauce*  
Sweet Potato Fries  
Cucumber Coins  
100% Orange Juice Blend  
Fresh Melon Cup

4 Cheese Pizza 🍕  
Or Pepperoni Pizza 🍕  
Spinach Salad  
Celery Sticks  
Sliced Oranges  
Fresh Banana

Weekly Alternate: Chicken Pattv on a Whole Grain Roll

7 Stuffed Bread Sticks 🌱  
Spaghetti Sauce 🍷  
Sweet Potato Fries  
Celery  
Fresh Apple  
Fresh Melon Cup

8 Burger  
Or Cheeseburger  
Baked Beans  
Grape Tomato  
100% Juice Fruit Punch  
Fresh Banana  
**National Hamburger  
Month!**

9 Pasta with Butter 🍷  
And Shredded Mozzarella  
Cheese  
With Whole Wheat Dinner  
Roll  
Sweet Corn  
Red Pepper Strips  
Fresh Apple  
Sliced Oranges

10 Yogurt Parfait  
And Whole Grain Honey  
Bear Graham Crackers  
Steamed Broccoli  
Glazed Carrots  
Applesauce  
100% Orange Juice Blend  
**Organic Yogurt!**

11 Cheese Pizza 🍕  
Or Crispy Bacon Pizza 🍕  
Squash Medley  
Celery Sticks  
Fresh Banana  
Pineapple

Weekly Alternate: Cheese Quesadilla on a Whole Grain Wrap

14 Pizza Bites 🌱  
Spaghetti Sauce 🍷  
Green Beans  
Broccoli Bites  
Applesauce  
Sliced Oranges

15 Crispy Popcorn Chicken  
Sweet Potato Fries  
Black Beans  
Blueberries  
Apple Cherry 100% Juice

16 Barbecue Rib Sandwich  
Steamed Broccoli  
Glazed Carrots  
Applesauce  
Sliced Oranges  
**National BBQ Day!**

17 Tangerine Chicken  
*WG breaded chicken in a  
tangerine sauce*  
Brown Rice Pilaf  
Sweet Corn  
Lemon Marinated Carrots  
Fresh Apple  
100% Juice Fruit Punch

18 Cheese Pizza 🍕  
Or Pepperoni Pizza 🍕  
Squash Medley  
Celery Sticks  
Fresh Banana  
Pineapple

Weekly Alternate: Boar's Head Ham & Cheese Sandwich on Whole Grain Bread

21 Mozzarella Sticks 🌱  
With Spaghetti Sauce 🍷  
Sweet Corn  
Broccoli Bites  
Sliced Oranges  
Fresh Apple

22 Baked Chicken Tenders  
With Pretzel  
Sweet Potato Fries  
Red Pepper Strips  
100% Orange Juice Blend  
Cinnamon Applesauce

23 Pasta & Meat Sauce 🍷🍷  
With Shredded Parmesan  
Cheese  
Steamed Carrots  
Cucumber Coins  
Fresh Banana  
Fresh Orange

24 BBQ Grass-Fed Beef  
Nachos 🍷  
Black Beans  
Grape Tomato  
100% Juice Fruit Punch  
Fresh Apple

25 Cheese Pizza 🍕  
Or Meatball Pizza 🍕  
Steamed Spinach  
Garden Salad  
Applesauce  
Fresh Banana

Weekly Alternate: Boar's Head Turkey & Cheese Sandwich on Whole Grain Bread



29 Mozzarella Sticks 🌱  
With Spaghetti Sauce 🍷  
Sweet Corn  
Celery  
Sliced Oranges  
Apple Cherry 100% Juice

30 Grab & Go Cinnamon  
Toast Crunch Pack 🌱  
Yogurt 🌱🌱  
Crispy Tator Tots  
Glazed Carrots  
Fresh Banana  
Applesauce

31 Pepperoni Quesadilla  
*melted cheese and pepperoni  
folded inside a grilled whole  
wheat tortilla*  
Garbanzo Beans  
Cucumber Coins  
Fresh Apple  
100% Orange Juice Blend

Weekly Alternate: Chicken Pattv on a Whole Grain Roll



We proudly support clean, organic local and sustainable agriculture.

## SIMPLY ROOTED™ in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



### 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:** 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

🌱 VEGETARIAN 🍷 MADE WITH NATURAL INGREDIENTS 🌱 POPPY 🌱 VEGAN 🍷 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.