

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 Pancakes 🌱
With Syrup
Crispy Sausage Links
Crispy Tator Tots
Glazed Carrots
Fresh Apple
Fresh Banana
BRUNCH LUNCH

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



28 MEMORIAL DAY

29 Popcorn Chicken & Pizza
Bite Combo 🍷🍷
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, F:
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 🍷🍷 MEATLESS MONDAY 🍷🍷 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.