

# Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

May 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

## 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.



- 1 Whole Grain French Sticks  
Toast  
Turkey Sausage Patty Syrup  
Orange Glazed Carrots  
Red Pepper Strips  
Mixed Berry Cup  
Fresh Orange

- 2 Baked Chicken Tenders  
*crispy chicken tenders perfect for dipping in your favorite sauce*  
Pasta with Butter  
Confetti Black Bean Salad  
Grape Tomatoes  
Fresh Banana  
100% Juice Fruit Punch

- 3 Cheese Pizza  
**Or**  
Chicken Pizza  
*pizza topped with mozzarella cheese and chicken*  
Garden Salad  
Celery Sticks  
Fresh Orange  
Fresh Apple

**Weekly Alternate: Crispy Chicken**

- 6 Stuffed Bread  
*baked bread sticks filled with melted cheese*  
With Tomato Sauce Dip  
Steamed Italian Vegetables  
Carrot Dippers  
Fresh Apple  
Fresh Orange

- 7 Chicken Bacon Sandwich  
Turkey Bacon  
Side Salad  
*side salad with tomato and cucumber*  
Red Pepper Strips  
Fresh Melon Cup  
100% Juice Fruit Punch

- 8 Chicken and Waffles  
Syrup  
Steamed Carrots  
Celery Sticks  
Fresh Banana  
Fresh Orange

- 9 Crispy Popcorn Chicken  
*crispy breaded chicken bites baked to perfection*  
Oven Baked Fries  
Black Beans  
Fresh Apple  
100% Juice Fruit Punch

- 10 Cheese Pizza  
**Or**  
*turkey* Pepperoni Pizza  
*cheese pizza topped with pepperoni*  
Garden Salad  
Grape Tomatoes  
Fresh Orange  
Fresh Banana

**Weekly Alternate: Mozzarella Sticks**

- 13 Homemade Mac & Cheese  
*pasta in cheese sauce, garnished with parsley*  
Peas and Carrots  
Grape Tomatoes  
Fresh Orange  
Fresh Melon Cup

- 14 Barbecue Rib Sandwich  
*warm BBQ rib patty on a bun prepared in-house*  
Oven Baked Fries  
Red Pepper Strips  
Fresh Apple  
100% Juice Fruit Punch

- 15 Fruity Peach & Granola Parfait  
*vanilla yogurt parfait layered with peaches and granola*  
Carrot Dippers  
Broccoli Bites  
Fresh Banana

- 16 Tangerine Dream  
Chicken Rice Bowl  
*Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers*  
Black Beans  
Cucumber Coins  
Fresh Orange  
100% Juice Fruit Punch

- 17 Cheese Pizza  
**Or**  
Chicken Fajita Pizza  
*cheesy pizza slice topped with fajita chicken, onions and peppers*  
Spinach Salad  
Celery Sticks  
Fresh Apple  
Fresh Banana

**Weekly Alternate: Popcorn Chicken**

- 20 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce*  
Tomato Sauce Dip  
Buttered Corn  
Carrot Dippers  
Fresh Apple  
Fresh Orange

- 21 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Homemade Lite Veggie Pasta Salad  
Grape Tomatoes  
Fresh Melon Cup  
100% Juice Fruit Punch

- 22 Whole Grain French Sticks  
Toast Slices  
*whole grain slices of French toast baked to perfection*  
Turkey Sausage Patty  
Cinnamon Apple Slices  
*crisp apple slices dusted with cinnamon and sugar*  
Syrup  
Fresh Orange  
Red Pepper Strips

- 23 Chicken Cheese Quesadilla  
*hand crafted grilled flour tortilla filled with juicy chicken and melty cheese*  
Sautéed Corn & Black Bean Salsa  
Broccoli Bites  
Fresh Banana  
100% Juice Fruit Punch

- 24 Cheese Pizza  
**Or**  
Meatball Pizza  
*cheese pizza topped with sliced meatball*  
Garden Salad  
Carrot Dippers  
Fresh Melon Cup  
Fresh Apple

**Weekly Alternate: Stuffed Breadsticks**



**SCHOOL CLOSED TODAY**

- 29 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes*  
Turkey Sausage Patty Syrup  
Crispy Potato Puffs  
Carrot Dippers  
Fresh Orange  
100% Juice Fruit Punch

- 30 Chicken Ranch Wrap  
*tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap*  
Confetti Black Bean Salad  
Red Pepper Strips  
Fresh Banana  
100% Juice Fruit Punch

- 31 Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
**Or**  
BBQ Chicken Pizza  
Spinach Salad  
Celery Sticks  
Fresh Apple  
Fresh Melon Cup

**Weekly Alternate: Chicken Caesar Salad**



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



**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**

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.