

# 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 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 Sandwich

- 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*  
 Turkey   
 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   
 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 Toast Slices   
 Turkey Sausage Patty  
 Cinnamon Apple Slices  
*crisp apple slices dusted with cinnamon and sugar*  
 Syrup  
 Fresh Orange  
 Red Pepper Strips  
 Cucumber Coins

- 23 Chicken Cheese Quesadilla   
 Sautéed Corn & Black Bean Salsa  
 Broccoli Bites  
 Fresh Banana  
 100% Juice Fruit Punch

- 24 Classic Cheese Pizza   
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*  
 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 Classic Cheese Pizza   
*whole grain pizza crust topped with rich tomato sauce and melted mozzarella 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.