

# Welcome to our Lunch Cafe at...

Fairfield Elementary Schools

September 2018

**MEATLESS MONDAY**

Monday

Tuesday

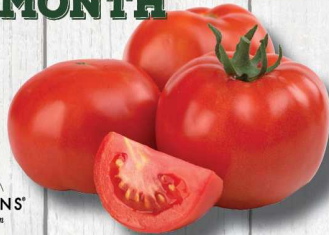
Wednesday

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.



Weekly Alternate: Chicken Patty on a Whole Grain Roll

4 Pasta & Meatballs  
*freshly baked meatballs with tomato sauce over pasta* 🌱🌱  
Garbanzo Beans  
Red Pepper Strips  
Pineapple  
100% Juice Fruit Punch

5 Fluffy Whole Grain Pancakes 🌱 With Syrup  
Crispy Sausage Links  
Crispy Potato Puffs  
Glazed Carrots  
Fresh Apple  
Fresh Banana



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

**National Chicken Month!**

7 Cheese Pizza 🌱  
Or Pepperoni Pizza 🌱  
Spinach Salad  
Celery Sticks  
Sliced Oranges  
Fresh Banana

10  
**No School!**

Weekly Alternate: Cheese Quesadilla on a Whole Grain Wrap

11 Crispy Popcorn Chicken  
*crispy breaded chicken bites baked to perfection*  
Oven Baked Fries  
Black Beans  
Fresh Banana  
Apple Cherry 100% Juice

12 Homemade Mac & Cheese  
*pasta in cheese sauce, garnished with parsley* 🌱🌱  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Sliced Oranges

13 Yogurt Parfait  
And Whole Grain Honey  
Bear Graham Crackers  
Glazed Carrots  
Oven Baked Fries  
Applesauce  
100% Orange Juice Blend

**Organic Yogurt!**

14 Cheese Pizza 🌱  
Or Crispy Bacon Pizza 🌱  
Squash Medley  
Celery Sticks  
Fresh Banana  
Pineapple

17 Pizza Bites  
*bite size pizza pockets* 🌱  
Spaghetti Sauce 🌱  
Green Beans  
Broccoli Bites  
Applesauce  
Sliced Oranges

18 Burger  
Oven Baked Fries  
Or Cheeseburger  
Baked Beans  
Fresh Banana  
100% Juice Fruit Punch

19  
**No School!**

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

21 Cheese Pizza 🌱  
Or Pepperoni Pizza 🌱  
Squash Medley  
Celery Sticks  
Fresh Banana  
Pineapple

24 Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* 🌱  
With Spaghetti Sauce 🌱  
Sweet Corn  
Broccoli Bites  
Sliced Oranges  
Fresh Apple

Weekly Alternate: Chicken Patty on a Whole Grain Roll

25 Baked Chicken Tenders  
Oven Baked Fries  
With Pretzel  
Red Pepper Strips  
100% Orange Juice Blend  
Cinnamon Applesauce

26 Whole Grain French  
Toast Slices 🌱  
Crispy Potato Puffs  
Steamed Carrots  
Cucumber Coins  
Fresh Banana  
Fresh Orange

27 Nachos Grande 🌱  
Black Beans  
Celery Sticks  
100% Juice Fruit Punch  
Fresh Apple

**National Chocolate Milk Day!**

28 Cheese Pizza 🌱  
Or Meatball Pizza 🌱  
Steamed Spinach  
Garden Salad  
Applesauce  
Fresh Banana



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



**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:**

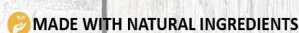
**Tossed Garden Salad:** Lettuce, Tomato Wedge, Cucumber, Carrot, Low Fat Cheese, and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing

**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

**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. This institution is an equal opportunity provider.