

Welcome to our Lunch Cafe at...

Earn while your Children learn.
School Year Positions available in Fairfield
Schools Cafeterias.
Visit www.whitsons/career

September 2019

Fairfield Elementary Schools

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.



3 Fruity Peach & Granola Parfait
vanilla yogurt parfait layered with peaches and granola ✓ 🍌 🍌
Carrot Sticks
Red Pepper Strips
Applesauce
100% Juice Fruit Punch

4 Whole Grain French Toast
slices of French toast baked to perfection ✓
Turkey Sausage Patty
Syrup
Crispy Potato Puffs
Grape Tomatoes
Cinnamon Apple Slices

5 Pasta & Meat Sauce
freshly cooked pasta with meat sauce 🍌 🍌
Green Beans
Black Beans
Fresh Orange
100% Juice Fruit Punch

6 Cheese Pizza 🍌
Or
Meatball Pizza
cheese pizza topped with sliced meatball 🍌
Caesar Salad
Celery Sticks
Fresh Banana
Fresh Apple

Weekly Alternate: Hamburger on Whole Wheat Bun

9 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce ✓
Tomato Sauce Dip
Oven Baked Fries
Grape Tomatoes
Fresh Grapes
Fresh Melon Cup

10 General Tso's Chicken
Rice Bowl 🍌
Steamed Carrots
Red Pepper Strips
Applesauce
100% Juice Fruit Punch

11 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Turkey Sausage Patty
Syrup
Celery Sticks
Strawberry Cup
Fresh Orange

12 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🍌
Black Beans
Cucumber Coins
Fresh Apple
100% Juice Fruit Punch

13 Cheese Pizza 🍌
Hand Crafted Pepperoni Pizza 🍌
Garden Salad
Grape Tomatoes
Fresh Orange
Fresh Banana

Weekly Alternate: Crispy Chicken Sandwich

16 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley ✓ 🍌
Corn & Pepper Salad
Grape Tomatoes
Fresh Orange
Applesauce

17 Burger
Or
Cheeseburger
Oven Baked Fries
Red Pepper Strips
Fresh Apple
Strawberry Cup
100% Juice Fruit Punch

18 Chicken and Waffles
crispy chicken tenders on top of fluffy waffles
Sweet Potato Fries
Grape Tomatoes
Fresh Grapes
Fresh Pear



19 Turkey Hot Dog on Bun
turkey hot dog on soft bun
Baked Beans
Cucumber Coins
Fresh Banana
100% Juice Fruit Punch

20 Cheese Pizza 🍌
Or
Chicken Pizza
pizza topped with mozzarella cheese and chicken 🍌
Spinach Salad
Celery Sticks
Fresh Melon Cup
Fresh Apple

Weekly Alternate: Cheese Quesadilla on a Whole Wheat Tortilla

23 Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese ✓
Tomato Sauce Dip
Oven Baked Fries
Carrot Dippers
Mixed Berry Cup
Fresh Banana

24 Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍌 🍌
Roasted Parmesan
Butternut Squash
Celery
Fresh Orange
100% Juice Fruit Punch

25 Whole Grain French Toast
slices of French toast baked to perfection ✓
Turkey Sausage Patty
Crispy Potato Puffs
Red Pepper Strips
Applesauce
Strawberry Cup

26 Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Black Beans
Cucumber Coins
Fresh Orange
100% Juice Fruit Punch

27 Cheese Pizza 🍌 🍌
Hand Crafted Pepperoni Pizza 🍌
Caesar Salad
Carrot Dippers
Strawberry Cup
Fresh Apple

Weekly Alternate: Ranch Chicken Wrap

SCHOOL CLOSED TODAY



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 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:

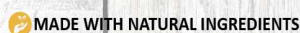
Tossed Garden Salad: Romaine Lettuce, Tomato Wedge, Cucumber, Carrot, Low Fat Cheese, and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing

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



*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.