

Welcome to our Breakfast Cafe @

Fairfield High Schools

October 2017











Monday

Tuesday

Wednesday

Thursday

Friday

2 French Toast Sausage Patty  Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk	3 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk	4 Pancakes & Sausage Tator Tots Fresh Banana Pineapple Low Fat Milk Skim Milk	5 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk	6 Waffles with Sausage  Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
9 French Toast Sausage Patty  Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk	10 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk	11 PSAT Early Dismissal	12 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk	13 Waffles with Sausage  Tator Tots Fresh Orange Fresh Banana Low Fat Milk Skim Milk
16 French Toast Sausage Patty  Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk	17 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk	18 Pancakes & Sausage Tator Tots Fresh Banana Pineapple Low Fat Milk Skim Milk	19 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk	20 Waffles with Sausage  Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
23 French Toast Sausage Patty  Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk	24 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk	25 Pancakes & Sausage Tator Tots Fresh Banana Pineapple Low Fat Milk Skim Milk	26 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk	27 Waffles with Sausage  Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
30 French Toast Sausage Patty  Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk	31 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk	 FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST! 		

SIMPLY ROOTED™ *in food and family*

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



Breakfast Prices

Regular: \$1.50
Reduced: \$0.30

Available Daily

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection