

# Welcome to our Breakfast Cafe @ Fairfield High Schools

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



**FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!**



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN

1 Waffles with Sausage   
 Tator Tots   
 Fresh Orange   
 Strawberries   
 Low Fat Milk   
 Skim Milk

4 French Toast Sausage Patty   
 Tator Tots   
 Fresh Orange   
 Applesauce   
 Low Fat Milk   
 Skim Milk

5 Egg and Cheese Sandwich   
 Tator Tots   
 Fresh Apple   
 Melon Cup   
 Low Fat Milk   
 Skim Milk

6 Pancakes & Sausage   
 Tator Tots   
 Fresh Banana   
 Pineapple   
 Low Fat Milk   
 Skim Milk

7 Bacon, Egg and Cheese Breakfast Sandwich   
 Tator Tots   
 Fresh Apple   
 Fresh Red Grapes   
 Low Fat Milk   
 Skim Milk

8 Waffles with Sausage   
 Tator Tots   
 Fresh Orange   
 Strawberries   
 Low Fat Milk   
 Skim Milk

11 French Toast Sausage Patty   
 Tator Tots   
 Fresh Orange   
 Applesauce   
 Low Fat Milk   
 Skim Milk

12 **Early Dismissal**

13 Pancakes & Sausage   
 Tator Tots   
 Fresh Banana   
 Pineapple   
 Low Fat Milk   
 Skim Milk

14 Bacon, Egg and Cheese Breakfast Sandwich   
 Tator Tots   
 Fresh Apple   
 Fresh Red Grapes   
 Low Fat Milk   
 Skim Milk

15 Waffles with Sausage   
 Tator Tots   
 Fresh Orange   
 Strawberries   
 Low Fat Milk   
 Skim Milk

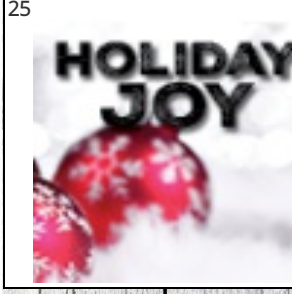
18 French Toast Sausage Patty   
 Tator Tots   
 Fresh Orange   
 Applesauce   
 Low Fat Milk   
 Skim Milk

19 Egg and Cheese Sandwich   
 Tator Tots   
 Fresh Apple   
 Melon Cup   
 Low Fat Milk   
 Skim Milk

20 Pancakes & Sausage   
 Tator Tots   
 Fresh Banana   
 Pineapple   
 Low Fat Milk   
 Skim Milk

21 Bacon, Egg and Cheese Breakfast Sandwich   
 Tator Tots   
 Fresh Apple   
 Fresh Red Grapes   
 Low Fat Milk   
 Skim Milk

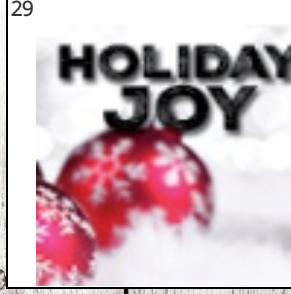
22 **Early Dismissal**



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## Winter Break

### SIMPLY ROOTED™ in food and family

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. This is because 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

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

#### 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

\*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.