

Welcome to our Breakfast Cafe at...

Fairfield High Schools

February
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 Whole Grain Waffles with Sausage **P**
Crispy Potato Puffs
Fresh Orange
Strawberry Cup
100% Orange Juice Blend

4 Bacon, Egg and Cheese Breakfast Sandwich
Crispy Potato Puffs
Fresh Orange
Applesauce
100% Orange Juice Blend

5 Sausage, Egg and Cheese Sandwich **P**
Crispy Potato Puffs
Strawberry Cup
Fresh Apple
100% Orange Juice Blend

6 Whole Grain Pancakes with Sausage **P**
Crispy Potato Puffs
Fresh Banana
Pineapple Cup
100% Orange Juice Blend

7 Bacon, Egg and Cheese Breakfast Sandwich
Crispy Potato Puffs
Fresh Apple
Fresh Grapes
100% Orange Juice Blend

8 Egg and Cheese Sandwich **V**
Crispy Potato Puffs
Fresh Orange
Fresh Banana
100% Orange Juice Blend

11 Whole Grain French Toast Slices **V**
Sausage Patty **P**
Crispy Potato Puffs
Fresh Orange
Fresh Banana
100% Orange Juice Blend

12 Egg and Cheese Sandwich **V**
Crispy Potato Puffs
Fresh Apple
Fresh Melon Cup
100% Orange Juice Blend

13 Whole Grain Pancakes with Sausage **P**
Crispy Potato Puffs
Fresh Banana
Fresh Grapes
100% Orange Juice Blend

Early Dismissal!
No Breakfast!



**SCHOOL
CLOSED
TODAY**



19 Egg and Cheese Sandwich **V**
Crispy Potato Puffs
Fresh Apple
Fresh Banana
100% Orange Juice Blend

20 Sausage, Egg and Cheese Sandwich **P**
Crispy Potato Puffs
Strawberry Cup
Fresh Melon Cup
100% Orange Juice Blend

21 Whole Grain Pancakes with Sausage **P**
Crispy Potato Puffs
Strawberry Cup
Fresh Banana
100% Orange Juice Blend

22 Bacon, Egg and Cheese Breakfast Sandwich
Crispy Potato Puffs
Fresh Orange
Fresh Apple
100% Orange Juice Blend

25 Whole Grain French Toast Slices **V**
Sausage Patty **P**
Crispy Potato Puffs
Applesauce
Fresh Grapes
100% Orange Juice Blend

26 Egg and Cheese Sandwich **V**
Crispy Potato Puffs
Fresh Apple
Fresh Grapes
100% Orange Juice Blend

27 Whole Grain Pancakes with Sausage **P**
Crispy Potato Puffs
Pineapple Cup
Fresh Banana
100% Orange Juice Blend

28 Bacon, Egg and Cheese Breakfast Sandwich
Crispy Potato Puffs
Fresh Orange
Fresh Banana
100% Orange Juice Blend

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and 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.