

Welcome to our Breakfast Cafe @

Fairfield High Schools

March
2017

Monday

Tuesday

Wednesday

Thursday

Friday

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



6 Blueberry Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Waffles ✓
Turkey Sausage Links
Hash Browns
Fresh Orange
Fresh Apple

7 Cinnamon Bun ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Ham, Egg and Cheese on a Bagel ✓
Hash Browns
Banana
Fresh Orange

8 Banana Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Fluffy Pancakes ✓
Turkey Sausage Links
Hash Browns
Turkey Sausage
Fresh Orange
Banana

9 Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

10 Apple Cinnamon Muffin
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
French Toast Sticks ✓
Hash Browns
Turkey Sausage Links
Fresh Apple
Banana

National School Breakfast Week

13 Blueberry Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

14 Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Waffles ✓
Turkey Sausage Links
Hash Browns
Fresh Orange
Banana

15 Cinnamon Bun ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Apple

16 Banana Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Sausage, Egg & Cheese Burrito* ✓
Hash Browns
Banana
Fresh Orange

17 Apple Cinnamon Muffin
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
French Toast Sticks ✓
Hash Browns
Turkey Sausage Links
Fresh Orange
Fresh Apple

20 Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
French Toast Sticks ✓
Pork Sausage Patty
Hash Browns
Fresh Apple
Fresh Orange

21 Blueberry Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

22 Cinnamon Bun ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Waffles ✓
Turkey Sausage Links
Hash Browns
Banana
Fresh Orange

23 Apple Cinnamon Muffin
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Sausage, Egg & Cheese Burrito* ✓
Hash Browns
Banana
Fresh Orange

24 Banana Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

27 Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Fluffy Pancakes ✓
Pork Sausage Patty
Hash Browns
Fresh Apple
Fresh Orange

28 Blueberry Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Turkey Bacon, Egg & Cheese on Bagel
Hash Browns
Banana
Fresh Orange

29 Cinnamon Bun ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Waffles ✓
Turkey Sausage Links
Hash Browns
Banana
Fresh Orange

30 Apple Cinnamon Muffin
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
Sausage, Egg & Cheese Burrito* ✓
Hash Browns
Banana
Fresh Orange

31 Banana Muffin ✓
Egg & Cheese on a Bagel
Fruity Breakfast Parfait
French Toast Sticks ✓
Hash Browns
Banana
Fresh Orange

We purchase locally harvested produce whenever it's seasonally available, but we also take special care to make sure the rest of our produce is flash frozen within hours of harvesting. Flash freezing seals the vitamins and nutrients in, so our produce is loaded with nutritional



goodness. Our partners at Endico use mobile facilities that flash freeze produce right on the farm. Follow our QR code to learn more.



Our Yogurt Parfaits are made with Organic Vanilla Yogurt, Organic Granola & Organic Mixed

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.