

# Welcome to our Breakfast Cafe @

# Fairfield High Schools

# March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



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



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- P PORK
- V VEGAN

5 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Apple Cinnamon Cheerios   
With Whole Grain Honey Graham Crackers Fresh Apple

6 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cinnamon Frosted Flakes   
With Whole Grain Honey Graham Crackers Fresh Orange

7 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Reduced Sugar Cinnamon Toast Crunch   
With Whole Grain Honey Graham Crackers Fresh Apple

1 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cheerios   
With Whole Grain Honey Graham Crackers Fresh Orange Fresh Banana  
100% Orange Juice Blend

2 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Red. Sugar Cocoa Puffs   
With Whole Grain Honey Graham Crackers Fresh Apple Strawberry Cup  
100% Orange Juice Blend

## National School Breakfast Week!

12 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Apple Cinnamon Cheerios   
With Whole Grain Honey Graham Crackers Fresh Apple Strawberry Cup  
100% Orange Juice Blend

**Early Dismissal!  
No Breakfast**

14 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Reduced Sugar Cinnamon Toast Crunch   
With Whole Grain Honey Graham Crackers Fresh Apple Blueberries  
100% Orange Juice Blend

15 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cheerios   
With Whole Grain Honey Graham Crackers Fresh Orange Fresh Banana  
100% Orange Juice Blend

16 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Red. Sugar Cocoa Puffs   
With Whole Grain Honey Graham Crackers Fresh Apple Strawberry Cup  
100% Orange Juice Blend

19 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Apple Cinnamon Cheerios   
With Whole Grain Honey Graham Crackers Fresh Apple Strawberry Cup  
100% Orange Juice Blend

20 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cinnamon Frosted Flakes   
With Whole Grain Honey Graham Crackers Fresh Orange Cinnamon Applesauce  
100% Orange Juice Blend

21 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Reduced Sugar Cinnamon Toast Crunch   
With Whole Grain Honey Graham Crackers Fresh Apple Blueberries  
100% Orange Juice Blend

22 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cheerios   
With Whole Grain Honey Graham Crackers Fresh Orange Fresh Banana  
100% Orange Juice Blend

23 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Red. Sugar Cocoa Puffs   
With Whole Grain Honey Graham Crackers Fresh Apple Strawberry Cup  
100% Orange Juice Blend

26 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Apple Cinnamon Cheerios   
With Whole Grain Honey Graham Crackers Fresh Apple Strawberry Cup  
100% Orange Juice Blend

27 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cinnamon Frosted Flakes   
With Whole Grain Honey Graham Crackers Fresh Orange Cinnamon Applesauce  
100% Orange Juice Blend

28 Chocolate Chip Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Reduced Sugar Cinnamon Toast Crunch   
With Whole Grain Honey Graham Crackers Fresh Apple Blueberries  
100% Orange Juice Blend

29 Blueberry Muffin   
Sausage, Egg and Cheese Sandwich   
Crispy Tator Tots Or Cheerios   
With Whole Grain Honey Graham Crackers Fresh Orange Fresh Banana  
100% Orange Juice Blend

**No School!**

### SIMPLY ROOTED™ *in food and family*

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because we are Simply Rooted™ in food and family



and we care. Our ingredients 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

Organic Fruit & Yogurt Parfaits  
Assorted Whole Grain Muffins

\*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.