

# Welcome to our Breakfast Cafe @

Fairfield High Schools

**October**  
2016

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Rosh Hashana  
No School

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Waffles   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple  
Banana

Blueberry Muffin   
Chocolate Chip Muffin   
Build Your Own Yogurt Parfait   
Turkey Sausage, Egg & Cheese on a Bun  
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Sausage, Egg & Cheese Burrito\*   
Build Your Own Yogurt Parfait   
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana

Blueberry Muffin   
Chocolate Chip Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Turkey Sausage Links  
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Waffles   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple  
Banana

Yom Kippur  
No School

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Sausage, Egg & Cheese Burrito\*   
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Hash Browns  
Turkey Sausage Links  
Fresh Apple  
Banana  
Fresh Orange

### National School Lunch Week

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Waffles   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Banana  
Fresh Apple

Blueberry Muffin   
Chocolate Chip Muffin   
Build Your Own Yogurt Parfait   
Turkey Sausage, Egg & Cheese on a Bun  
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana  
Turkey Sausage Links

Blueberry Muffin   
Chocolate Chip Muffin   
Build Your Own Yogurt Parfait   
Sausage, Egg & Cheese Burrito\*   
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Hash Browns  
Turkey Sausage Links  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Waffles   
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Turkey Sausage, Egg & Cheese on a Bun  
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana  
Turkey Sausage Links

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
Sausage, Egg & Cheese Burrito\*   
Hash Browns  
Fresh Orange  
Fresh Apple  
Banana

Chocolate Chip Muffin   
Blueberry Muffin   
Build Your Own Yogurt Parfait   
French Toast Sticks   
Turkey Sausage Links  
Hash Browns  
Fresh Apple  
Banana

Chocolate Chip Muffin   
French Toast Sticks   
Build Your Own Yogurt Parfait   
Blueberry Muffin   
Hash Browns  
Turkey Sausage Links

**WHITSONS**  
School Nutrition

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



Our menus are healthy, nutritious and flavorful. We select only the best ingredients for our meals, all the way down to the spices. La Flor Spices, family owned and operated like Whitsons, has been helping people like us create high quality food for over 50 years. Visit us at

[www.Whitsons.com](http://www.Whitsons.com)

or scan our QR code to learn more about where we get the food we serve!



Breakfast Prices  
\$1.50 Full Price  
\$.30 Reduced Price

All breakfast choices include a variety of fresh fruit and a choice of low-fat or fat free milk.

Stop and enjoy a hot breakfast!

\*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. USDA is an equal opportunity provider, employer, and lender.