

# Welcome to our Breakfast Cafe @

Fairfield Middle Schools

**October**  
2016

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Rosh Hashana  
No School

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

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

Chocolate Chip Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Banana  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* ✓  
Hash Browns  
Fresh Orange  
Fresh Apple

Blueberry Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Banana  
Chocolate Chip Muffin ✓  
Fruity Breakfast Parfait  
French Toast Sticks ✓  
Hash Browns  
Turkey Sausage Links  
Fresh Apple  
Banana

Blueberry Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Banana  
Chocolate Chip Muffin ✓  
Fruity Breakfast Parfait  
French Toast Sticks ✓  
Turkey Sausage Links  
Hash Browns  
Fresh Orange  
Fresh Apple

Chocolate Chip Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Banana  
Fresh Orange

Yom Kippur  
No School

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

Chocolate Chip Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
French Toast Sticks ✓  
Hash Browns  
Turkey Sausage Links  
Banana

### National School Lunch Week

Blueberry Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Chocolate Chip Muffin ✓  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Banana  
Fresh Orange

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

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

Egg & Cheese on a Bagel  
Empire Apple  
Chocolate Chip Muffin ✓  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* ✓  
Hash Browns  
Banana  
Fresh Orange

Egg & Cheese on a Bagel  
Empire Apple  
Chocolate Chip Muffin ✓  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
French Toast Sticks ✓  
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Banana

Chocolate Chip Muffin ✓  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
French Toast Sticks ✓  
Turkey Sausage Links  
Hash Browns  
Empire Apple  
Banana  
Fresh Orange  
Egg & Cheese on a Bagel

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

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

Chocolate Chip Muffin ✓  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* ✓  
Hash Browns  
Banana  
Fresh Orange  
Egg & Cheese on a Bagel  
Empire Apple

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

Chocolate Chip Muffin ✓  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
Egg & Cheese on a Bagel  
Empire Apple  
Banana  
Fresh Orange

**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.