

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

November 2016

Monday

Tuesday

Wednesday

Thursday

Friday

1 Homemade Baked Ziti
ziti baked with in marinara sauce with melted mozzarella, ricotta and parmesan cheeses ✓
Italian Vegetables
Carrot Sticks w/ Ranch Dip
Fresh Orange
Banana

2 Beefy Burrito
Yellow Rice
Corn
Sweet Red Pepper Strips
Applesauce
Banana

3 Hot Dog on a Bun
beef hot dog nestled on a soft bun and topped with your choice of condiments
Vegetarian Baked Beans
Garden Salad
Fresh Apple
Fresh Orange
Apple 100% Juice

4 Cheese Pizza ✓
Turkey Pepperoni Pizza
Steamed Broccoli
Celery Sticks
Fresh Apple
Fresh Orange

Weekly Alternate: Chicken Caesar Salad w/ Croutons & a Whole Wheat Dinner Roll

7 Texas Rib Sandwich
boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun
Oven Baked Fries
Broccoli Tips w/ Ranch Dip
Fresh Orange
Banana

8 Election Day
No School

9 French Toast Sticks
crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup ✓
Turkey Sausage Links
Hash Browns
Baby Carrots
Sliced Cucumber
Banana
Applesauce

10 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce ✓
Steamed Green Beans
Garbanzo Beans
Fresh Orange
100% Juice Fruit Punch

11 Veterans' Day
No School

Weekly Alternate: Boar's Head Turkey & Cheese on a Whole Wheat Wrap

14 Chicken Tenders Plate
Peas
Sweet Red Pepper Strips
Fresh Apple
Banana

15 Meatball Parmesan Hero
Carrots
Garden Salad
Banana
Apple 100% Juice

16 Grilled Cheese Sandwich ✓
Baked Sweet Potato Fries
Celery Sticks
Fresh Apple
Fresh Pear

17 Loaded Beef Nachos
Black Beans
Grape Tomatoes
Fresh Orange
100% Juice Fruit Punch

18 Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket
Mixed Vegetables
Broccoli Florets
Cantaloupe
Applesauce

Weekly Alternate: Hummus Platter w/ Cucumber, Celery, Carrots & an Organic Whole Wheat Pretzel

21 Cheeseburger
or Beef Burger
Baked Potato Wedges
Cucumber Coins
Fresh Apple
Banana

22 Baked Chicken Nuggets
Baby Carrots
Corn
Carnival Cookie
Banana
Apple 100% Juice

23 Cheese Pizza ✓
Cheesy Pepperoni Pizza P ✓
Red Peppers
Steamed Spinach
Banana
Fresh Pear

24 Happy Thanksgiving!

25 Thanksgiving Recess

COOKIE DAY!

Weekly Alternate: Garden Salad w/ Diced Chicken, Served w/ 2 Whole Wheat Dinner Rolls

28 Crispy Chicken Patty Sandwich
crispy white meat chicken patty on a fluffy bun
Baked Tater Tots
Carrot Sticks w/ Ranch Dip
Fresh Apple
Pineapple

29 Waffles with Turkey Sausage
light and crispy whole grain waffles served with a turkey sausage patty
Baked Sweet Potato Fries
Celery Sticks
Banana
Orange 100% Juice

30 Mini Cheese Ravioli
mini cheesy ravioli topped with tomato sauce ✓
WW Dinner Roll
Steamed Broccoli
Baby Carrots
Fresh Orange
Applesauce

Weekly Alternate: Boar's Head Ham & Cheese on a Whole Wheat Wrap

Fresh ingredients and innovative recipes packed with nutrients are our specialty. We believe that good food is the foundation from which children thrive. This is why all of our menus are full of wholesome nutritious meals, which have been carefully created to fuel your child's day. Visit www.Whitsons.com or follow the QR code



to see all that we're doing to keep your child performing their best.



Lunch Prices
Lunch \$2.65
Reduced: .40
Lunch Includes:
Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk
Organic Milk \$1.50
Fresh Seasonal Fruit and Fresh Vegetables Selection
If you have any questions or would like additional information, please contact the food service office at 203-255-8370



We proudly support clean, organic, local and sustainable agriculture.

Daily Alternate Lunch Available:

Tossed Garden Salad: Romaine Lettuce, Tomato Wedge, Cucumber, Carrot, Low Fat Cheese, and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing

Bagel Lunch: Whole Wheat Bagel with Cream Cheese, Low Fat Cheese & all natural Low Fat Yogurt

Available Daily for Teachers: Tossed Garden Salad Bowl or Chicken Caesar Salad Bowl, Boar's Head Ham or Turkey Whole Wheat Wrap, all served with choice of Milk, Fruit and Vegetable selection