

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

January 2017

Monday

2 **Want to work while your kids are in school? We have some exciting job opportunities for you in our school cafeterias! Contact us for more information at 255-8370 or go to whitsons.com to apply online!**

Tuesday

3 Popcorn Chicken
crispy whole grain breaded chicken bites
Brown Rice
Baby Carrots
Corn
Fresh Apple
Orange 100% Juice

Wednesday

4 Fluffy Pancakes
light and fluffy whole grain pancakes ✓
Turkey Sausage Links
Baked Sweet Potato Fries
Celery Sticks
Fresh Orange
Applesauce

Thursday

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

Friday

6 Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Garden Salad
Mixed Vegetables
Fresh Orange
Fresh Apple

Weekly Alternate: Organic Hummus & Organic Whole Grain Pretzel

9 Chicken Tenders Plate
whole grain crispy chicken tenders with a white wheat dinner roll
Peas
Grape Tomatoes
Fresh Orange
Fresh Apple

10 Meatball Parmesan Hero
freshly baked meatballs topped with tomato sauce and cheese
Carrots
Sliced Cucumber
Fresh Orange
Apple 100% Juice

11 Grilled Cheese Sandwich
melted American cheese served on toasty whole wheat bread ✓
Baked Tater Tots
Sweet Red Pepper Strips
Fresh Apple
Banana

12 French Toast Sticks
crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup ✓
Scrambled Eggs
Turkey Bacon
Hash Browns
Apple Slices
100% Juice Fruit Punch

13 Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket
Oven Baked Fries
Broccoli Tips w/ Ranch Dip
Banana
Applesauce

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

16 **Martin Luther King Day No School**

17 Baked Chicken Nuggets
with choice of dipping sauce
Brown Rice
Baby Carrots
Steamed Green Beans
Fresh Orange
Apple 100% Juice

18 Hot Dog on a Bun
beef hot dog nestled on a soft bun and topped with your choice of condiments
Baked Sweet Potato Fries
Broccoli Florets
Fresh Apple
Fresh Red Grapes

19 Mac & Cheese
whole grain elbow pasta in a creamy cheese sauce ✓
Kidney Beans
Cucumber Coins
Fresh Orange
100% Juice Fruit Punch

20 Cheese Pizza
plain cheese whole wheat pizza slice ✓
or Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Steamed Spinach
Grape Tomatoes
Banana
Fresh Apple

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

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

24 Pasta with Meat Sauce
rotini with red meat sauce
Carrots
Garden Salad
Applesauce
Orange 100% Juice

25 NY Pretzel ✓
with Cheese Sauce
Sweet Red Pepper Strips
Steamed Broccoli
Fresh Orange
Banana

Organic Whole Wheat Pretzel!

26 Cheeseburger
burger with American cheese on a whole wheat bun
or Charbroiled Burger
juicy charbroiled hamburger served on a whole wheat bun
Oven Baked Fries
Vegetarian Baked Beans
Fresh Apple
100% Juice Fruit Punch

27 Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket
Broccoli Florets
Cucumber Coins
Fresh Orange
Banana

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

30 Cheesy Stuffed Breadsticks
with Marinara Sauce ✓
Peas
Baby Carrots
Fresh Orange
Fresh Apple

31 Waffles
light and crisp whole grain waffles ✓
Turkey Sausage Links
Baked Sweet Potato Fries
Celery Sticks
Fresh Orange
Apple 100% Juice

Get a Surprise Treat When You Buy A Meal!

Weekly Alternate: Chicken Caesar Salad Served w/ 2 Whole Wheat Dinner Rolls

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. This is why we've partnered with Nardone Brothers, a family company like ours, to provide you with pizzas made from only the finest ingredients. Family tradition is what drives them and that rich history can be savored with every bite. Visit us at www.Whitsons.com or follow the QR code for more info.



Produce of the Month



Carrots

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 String Cheese & Organic 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

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