

# Welcome to our Breakfast Cafe @

# Fairfield High Schools

**October**  
2017


Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 French Toast Sausage Patty <b>P</b> Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>3 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk</p>	<p>4 Pancakes &amp; Sausage <b>P</b> Tator Tots Fresh Banana Pineapple Low Fat Milk Skim Milk</p>	<p>5 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk</p>	<p>6 Waffles with Sausage <b>P</b> Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk</p>
<p>9 French Toast Sausage Patty <b>P</b> Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>10 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk</p>	<p>11 <b>PSAT Early Dismissal</b></p>	<p>12 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk</p>	<p>13 Waffles with Sausage <b>P</b> Tator Tots Fresh Orange Fresh Banana Low Fat Milk Skim Milk</p>
<p>16 French Toast Sausage Patty <b>P</b> Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>17 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk</p>	<p>18 Pancakes &amp; Sausage <b>P</b> Tator Tots Fresh Banana Pineapple Low Fat Milk Skim Milk</p>	<p>19 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk</p>	<p>20 Waffles with Sausage <b>P</b> Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk</p>
<p>23 French Toast Sausage Patty <b>P</b> Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>24 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk</p>	<p>25 Pancakes &amp; Sausage <b>P</b> Tator Tots Fresh Banana Pineapple Low Fat Milk Skim Milk</p>	<p>26 Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Apple Fresh Red Grapes Low Fat Milk Skim Milk</p>	<p>27 Waffles with Sausage <b>P</b> Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk</p>
<p>30 French Toast Sausage Patty <b>P</b> Tator Tots Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>31 Egg and Cheese Sandwich Tator Tots Fresh Apple Melon Cup Low Fat Milk Skim Milk</p>	 <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p>		

## SIMPLY ROOTED™ *in food and family*

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



### Breakfast Prices

Regular: \$1.50  
Reduced: \$0.30

### Available Daily

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon