



Welcome to our
SAFARI CAFE

@ Fairfield Elementary
Schools

this...
MARCH 2016

We Purchase Locally & Offer Gluten Free Foods! If you have a food allergy please speak to the manager, chef, cook or server.

Monday

PRODUCE OF THE MONTH

CELERY



Tuesday

1 Meatball Parmesan Hero
chicken and beef meatballs on a
whole wheat club roll, topped with
tomato sauce and melted
mozzarella cheese
Baby Carrots
Sweet Red Pepper Strips
Fresh Apple
Fresh Orange

Wednesday

2 French Toast Sticks & Turkey
Sausage
Hash Browns
Broccoli Florets
Baby Carrots
Applesauce
Banana

Thursday

3 Cheesy Quesadilla
melted cheddar cheese and pico
de gallo inside a grilled, folded
tortilla ✓
Vegetarian Baked Beans
Cucumber Coins
Apple 100% Juice
Banana

Friday

4 Cheese Pizza
plain cheese whole wheat pizza
slice ✓
Chicken Pepperoni Pizza
Garden Salad
Broccoli Florets
Fresh Orange
Fresh Red Grapes

Weekly Alternate Meal: Hummus Platter w/ cucumbers, celery, carrots and whole wheat pita bread

7 All Natural Chicken Nuggets

Corn
WW Dinner Roll
Cucumber Coins
Fresh Pear
Fresh Apple

8 Mozzarella Sticks
crispy mozzarella sticks filled
with gooey cheese, perfect for
dipping into our homemade
tomato sauce ✓
Baked Tater Tots
Corn
Carrot Sticks w/ Ranch Dip
Fresh Orange
Banana

9 Beef & Chicken Meatballs over
Pasta
beef and chicken meatballs with
tomato sauce over a bed of penne
pasta ✓
Carrot Sticks w/ Ranch Dip
Cucumber Coins
Applesauce
Banana

10 Hot Dog on a Bun
beef hot dog nestled on a soft
bun and topped with your choice
of condiments
Steamed Carrots
Black Beans
Red Delicious Apple
Fresh Orange
Apple 100% Juice

11 Cheese Pizza
plain cheese whole wheat pizza
slice ✓
or Chicken Pepperoni Pizza
cheesy pizza topped with chicken
pepperoni, made with a whole
grain crust
Garden Salad
Celery Sticks w/ Ranch Dip
Broccoli Florets
Fresh Apple
Fresh Orange

Weekly Alternate: Boar's Head Turkey Whole Wheat

14 Sloppy Joe on a Bun
home made beef sloppy joe
served on a soft whole wheat bun
Peas
Steamed Green Beans
Fresh Orange
Banana

15 Fluffy Pancakes
light and fluffy whole grain
pancakes ✓
with Hash Browns
and Turkey Sausage Links
Baby Carrots
Cucumber Coins
Apple 100% Juice
Banana

16 Macaroni & Cheese
whole grain rich pasta elbows in a
creamy cheese sauce
with WW Dinner Roll
Sweet Red Pepper Strips
Celery Sticks
Fresh Apple
Fresh Pear

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

18 Cheese Pizza
plain cheese whole wheat pizza
slice ✓
or Chicken Pepperoni Pizza
cheesy pizza topped with chicken
pepperoni, made with a whole
grain crust
Garden Salad
Baby Carrots
Fresh Apple
Banana

Weekly Alternate: Chicken Caesar Salad w/ Croutons

21 Mixed Up Chicken
golden chicken nuggets and
chicken tenders with a whole
grain dinner roll
Baked Sweet Potato Fries
Corn
Fresh Apple
Banana

22 Cheesy Stuffed Breadsticks
gooey mozzarella cheese filled
whole wheat sticks great for
dunking in your favorite sauce ✓
Baby Carrots
Cucumber Coins
Apple 100% Juice
Banana

23 Fluffy Pancakes
light and fluffy whole grain
pancakes ✓
Hash Browns
Turkey Sausage
Sweet Red Pepper Strips
Celery Sticks
Fresh Apple
Fresh Pear

24 Loaded Beef Nachos
crispy tortilla chips with Mexi
beef, cheese sauce, sour cream
and pico de gallo
Vegetarian Baked Beans
Cucumber Coins
100% Juice Fruit Punch
Fresh Orange

NO SCHOOL

Weekly Alternate: Boar's Head Ham Sandwich on a whole wheat wrap

28 Chicken Parmesan Over Pasta
traditional chicken parmesan
topped with pomodoro sauce and
melted mozzarella cheese, served
over a bed of pasta
Corn
Fresh Apple
Banana

29 Grilled Cheese Sandwich
melted American cheese served
on toasty whole wheat bread ✓
Baby Carrots
Cucumber Coins
Apple 100% Juice
Banana

30 Waffles with Turkey Sausage
light and crisp whole grain waffles
served with a sausage patty
Hash Browns
Red Peppers
Cucumber Coins
Banana
Fresh Pear

31 Cheesy Quesadilla
melted cheddar cheese and pico
de gallo inside a grilled, folded
tortilla ✓
Vegetarian Baked Beans
Garden Salad
Fresh Orange
100% Juice Fruit Punch

Weekly Alternate: Boar's Head Turkey Whole Wheat Wrap



Did you know that our menus are healthy, nutritious and flavorful, made from wholesome ingredients? We have very high ingredient standards and strict procedures in place to make sure of it! We also purchase locally when seasonally available. Check us out at www.whitsons.com or scan our QR code to see all that we are doing at your school to keep your kids healthy!



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

Daily Alternate Lunch Available:
Tossed Garden Salad: Romaine Lettuce, Tomato
Wedge, Cucumber, Carrot, Low Fat Cheese and Whole
Wheat Bread. Served with Low Fat Dressing
Bagel Lunch: Whole Wheat bagel with Cream Cheese,
Low Fat Cheese and 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 Lunches Served with Choice of Milk, Fruit and
Vegetable Selection



*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. The USDA and this institution are both equal opportunity providers and employers.