

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

September 2016

Monday

Tuesday

Wednesday

Thursday

Friday

WHITSON'S School Nutrition Produce of the Month

Corn

WELCOME BACK!



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

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

5
**LABOR DAY
NO SCHOOL**

6
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

7
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

8
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

9
Cheese Pizza
plain cheese whole wheat pizza slice ✓
Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Celery Sticks w/ Ranch Dip
Broccoli Florets
Fresh Apple
Fresh Orange

Weekly Alternate: Boar's Head Turkey and cheese on a Whole Wheat Wrap

12
Sloppy Joe on a Bun
home made beef sloppy joe served on a soft whole wheat bun
Peas
Steamed Green Beans
Fresh Orange
Banana

13
Fluffy Pancakes
light and fluffy whole grain pancakes ✓
Hash Browns
Turkey Sausage Links
Baby Carrots
Cucumber Coins
Apple 100% Juice
Banana
Chicken Caesar Salad

14
Macaroni & Cheese
whole grain rich pasta elbows in a creamy cheese sauce
Sweet Red Pepper Strips
Celery Sticks
Fresh Apple
Fresh Pear
Whole Wheat Dinner Roll

15
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
Chicken Caesar Salad

16
Cheese Pizza
plain cheese whole wheat pizza slice ✓
Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Garden Salad
Baby Carrots
Chicken Caesar Salad
Fresh Apple
Banana

Weekly Alternate: Chicken Caesar Salad with croutons

19
Mixed Up Chicken
golden chicken nuggets and chicken tenders with a whole grain dinner roll
Whole Wheat Dinner Roll
Baked Sweet Potato Fries
Corn
Fresh Apple
Banana

20
Cheesy Stuffed Breadsticks
with Marinara Sauce
cheesy stuffed breadstick dunkers with marinara sauce ✓
Baby Carrots
Cucumber Coins
Apple 100% Juice
Banana

21
Fluffy Pancakes
light and fluffy whole grain pancakes ✓
Hash Browns
Turkey Sausage
Red Peppers
Celery Sticks
Fresh Apple
Fresh Pear

22
Loaded Beef Nachos
crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo
Vegetarian Baked Beans
Cucumber Coins
Fresh Orange
100% Juice Fruit Punch

23
Cheese Pizza
plain cheese whole wheat pizza slice ✓
Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Steamed Broccoli
Celery Sticks w/ Ranch Dip
Cantaloupe
Applesauce

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

26
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

27
Grilled Cheese Sandwich
melted American cheese served on toasty whole wheat bread ✓
Baby Carrots
Cucumber Coins
Banana
Apple 100% Juice

28
Waffles with Turkey Sausage
light and crispy whole grain waffles served with a turkey sausage patty
Hash Browns
Red Peppers
Cucumber Coins
Banana
Fresh Pear

29
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

30
Cheese Pizza
plain cheese whole wheat pizza slice ✓
Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Garden Salad
Broccoli Florets
Banana
Fresh Cantaloupe Cup

Weekly Alternate: Boar's Head Turkey and cheese on a Whole Wheat Wrap

We work hard to make sure all of our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. To learn more about nutrition related to athletics, visit



us at www.Whitsons.com or scan our QR code to see all that we are doing at your school to keep your child 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 & 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

*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.