

# Welcome to our Lunch Cafe @

Fairfield Elementary Schools

October 2016

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3  
**Rosh Hashana  
No School**

4  
Mozzarella Sticks  
*crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce* ✓  
Steamed Green Beans  
Carrot Sticks w/ Ranch Dip  
Fresh Orange  
Banana

5  
Beef & Chicken Meatballs over Pasta  
*beef and chicken meatballs with tomato sauce over a bed of penne pasta*  
Carrots  
Cucumber Coins  
Applesauce  
Banana

6  
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  
Red Delicious Apple  
Fresh Orange  
Apple 100% Juice

7  
Pizza Bagel  
*fresh whole wheat bagel topped with marinara sauce and mozzarella cheese*  
Celery Sticks  
Steamed Broccoli  
Fresh Apple  
Fresh Orange

**Weekly Alternate: Hummus Platter w/ Cucumbers, Celery, Carrots & Whole Wheat Pita Bread**

10  
Sloppy Joe on a Bun  
*home made beef sloppy joe served on a soft whole wheat bun*  
Peas  
Cherry Tomatoes  
Fresh Orange  
Banana

11  
Cheese Pizza ✓  
Turkey Pepperoni Pizza  
Garden Salad  
Carrots  
Apple 100% Juice  
Banana

12  
**Yom Kippur  
No School**

13  
Mac & Cheese  
*whole grain elbow pasta in a creamy cheese sauce* ✓  
Garbanzo Beans  
Cucumber Coins  
100% Juice Fruit Punch  
Fresh Orange

14  
French Toast Sticks  
*crispy, golden brown, French toast sticks perfect for dipping or dunking in syrup* ✓  
Turkey Sausage Links  
Hash Browns  
Broccoli Tips w/ Ranch Dip  
Baby Carrots  
Fresh Apple  
Banana

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

### National School Lunch Week

17  
Mixed Up Chicken  
Whole Wheat Dinner Roll  
Corn  
Sweet Red Pepper Strips  
Fresh Apple  
Banana

18  
Cheesy Stuffed Breadsticks with Marinara Sauce ✓  
Baby Carrots  
Cucumber Coins  
Apple 100% Juice  
Banana

19  
Turkey Sausage, Egg and Cheese on a Bagel  
Baked Sweet Potato Fries  
Celery Sticks  
Fresh Apple  
Fresh Pear

20  
Loaded Beef Nachos  
*crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo*  
Black Beans  
Cucumber Coins  
Fresh Orange  
100% Juice Fruit Punch

21  
Pizza Bites  
*cheese and tomato sauce baked in a crispy whole grain pocket*  
Steamed Broccoli  
Celery Sticks w/ Ranch Dip  
Cantaloupe  
Applesauce  
**NEW MENU ITEM!**

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

24  
Beef Sliders  
Baked Potato Wedges  
Cucumber Coins  
Fresh Apple  
Banana

25  
Cheese Pizza ✓  
Turkey Pepperoni Pizza  
Baby Carrots  
Italian Vegetables  
Banana  
Apple 100% Juice

26  
Grilled Cheese Sandwich ✓  
Red Peppers  
Steamed Spinach  
Banana  
Fresh Pear

27  
Pasta with Meat Sauce  
Garbanzo Beans  
Garden Salad  
Fresh Orange  
100% Juice Fruit Punch

28  
Waffles with Turkey Sausage  
Hash Browns  
Baby Carrots  
Broccoli Florets  
Banana  
Fresh Cantaloupe Cup

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

31  
Crispy Chicken Patty Sandwich  
Baked Tater Tots  
Carrot Sticks w/ Ranch Dip  
Fresh Apple  
Pineapple  
**Special Treat  
w/ Halloween Lunch!**



## Produce of the Month

# Apples



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

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

Our menus are healthy, nutritious and flavorful. We select only the best ingredients for our meals, all the way down to the spices. La Flor Spices, family owned and operated like Whitsons, has been helping people like us create high quality food for over 50 years. Visit us at

[www.Whitsons.com](http://www.Whitsons.com)

or scan our QR code to learn more about where we get the food we serve!



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. USDA is an equal opportunity provider, employer, and lender.