

Welcome to our Breakfast Cafe @

Fairfield High Schools

December
2016

Monday

Tuesday

Wednesday

Thursday

Friday

**FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!**



WHITSON'S
School Nutrition

5
Blueberry Muffin ✓
Egg & Cheese on a Bagel
Empire Apple
Banana
Chocolate Chip Muffin ✓
Fruity Breakfast Parfait
French Toast Sticks ✓
Turkey Sausage Links
Hash Browns
Fresh Orange
Fresh Apple
Build Your Own Yogurt Parfait

12
Blueberry Muffin ✓
Egg & Cheese on a Bagel
Empire Apple
Chocolate Chip Muffin ✓
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese
on a Bun
Banana
Fresh Orange
French Toast Sticks ✓
Build Your Own Yogurt Parfait ✓

19
Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Build Your Own Yogurt Parfait ✓
Blueberry Muffin ✓
Fruity Breakfast Parfait
French Toast Sticks ✓
Turkey Sausage Links
Hash Browns
Empire Apple
Banana
Fresh Orange

26

6
Chocolate Chip Muffin ✓
Egg & Cheese on English
Muffin ✓
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese
on a Bun
Empire Apple
Banana
Waffles ✓
Build Your Own Yogurt Parfait ✓
Hash Browns

13
Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Empire Apple
Blueberry Muffin ✓
Fruity Breakfast Parfait
Waffles ✓
Turkey Sausage Links
Hash Browns
Banana
Fresh Orange
Banana
Build Your Own Yogurt Parfait

20
Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Waffles ✓
Build Your Own Yogurt Parfait ✓
Empire Apple
Turkey Sausage Links
Blueberry Muffin ✓
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese
on a Bun
Hash Browns

27

7
Blueberry Muffin ✓
Empire Apple
Egg & Cheese on a Bagel
Chocolate Chip Muffin ✓
Fruity Breakfast Parfait
Fluffy Pancakes ✓
Hash Browns
Fresh Orange
Fresh Apple
Build Your Own Yogurt Parfait ✓
Turkey Sausage Links

14
Blueberry Muffin ✓
Egg & Cheese on a Bagel
Empire Apple
Chocolate Chip Muffin ✓
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese
on a Bun
Hash Browns
Banana
Fresh Apple
Build Your Own Yogurt Parfait ✓

21
Chocolate Chip Muffin ✓
Egg & Cheese on a Bagel
Build Your Own Yogurt Parfait ✓
Empire Apple
Blueberry Muffin ✓
Fruity Breakfast Parfait
Waffles ✓
Turkey Sausage Links
Hash Browns
Banana
Fresh Orange

28

1
Build Your Own Yogurt Parfait ✓
Turkey Sausage Links
Cinnamon Bun ✓
Egg & Cheese on a Bagel
Empire Apple
Banana
Blueberry Muffin ✓
Fruity Breakfast Parfait
Sausage, Egg & Cheese
Burrito* ✓
Hash Browns

8
Cinnamon Bun ✓
Egg & Cheese on a Bagel
Empire Apple
Blueberry Muffin ✓
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese
on a Bun
Hash Browns
Banana
Fresh Orange
Build Your Own Yogurt Parfait ✓

15
Egg & Cheese on a Bagel
Cinnamon Bun ✓
Empire Apple
Blueberry Muffin ✓
Fruity Breakfast Parfait
Sausage, Egg & Cheese
Burrito* ✓
Hash Browns
Banana
Fresh Orange
Build Your Own Yogurt Parfait ✓

22
Chocolate Chip Muffin ✓
Build Your Own Yogurt Parfait ✓
Turkey Sausage Links
Turkey Bacon, Egg & Cheese
on Bagel
Cinnamon Bun ✓
Fruity Breakfast Parfait
Sausage, Egg & Cheese
Burrito* ✓
Banana
Empire Apple

29

2
Blueberry Muffin ✓
Egg & Cheese on a Bagel
Build Your Own Yogurt Parfait ✓
Empire Apple
Banana
Chocolate Chip Muffin ✓
Fruity Breakfast Parfait
French Toast Sticks ✓
Hash Browns
Turkey Sausage Links
Fresh Apple

9
Turkey Bacon, Egg & Cheese
on Bagel
Cinnamon Bun ✓
Blueberry Muffin ✓
Fruity Breakfast Parfait
French Toast Sticks ✓
Fresh Orange
Banana
Build Your Own Yogurt Parfait ✓

16
Egg & Cheese on a Bagel
Empire Apple
Chocolate Chip Muffin ✓
Blueberry Muffin ✓
Fruity Breakfast Parfait
French Toast Sticks ✓
Hash Browns
Turkey Sausage Links
Fresh Orange
Banana
Build Your Own Yogurt Parfait ✓

23
Early
Dismissal

30

WINTER RECESS

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We proudly serve steroid & hormone free chicken, raised on family farms from all across the country. We've



partnered with
**Tyson Foods,
Inc.** to bring you
quality meals
that you'll love!



Follow the QR code for more info.

Breakfast Prices
\$1.50 Full Price
\$.30 Reduced Price
All breakfast choices
include a variety of fresh
fruit and a choice of
lowfat or fat free milk.
Stop and enjoy a hot
breakfast!

*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.