

# Welcome to our Breakfast Cafe @

Fairfield Middle 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

6  
Chocolate Chip Muffin ✓  
Egg & Cheese on English Muffin ✓  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese on a Bun  
Empire Apple  
Banana

7  
Blueberry Muffin ✓  
Empire Apple  
Egg & Cheese on a Bagel  
Chocolate Chip Muffin ✓  
Fruity Breakfast Parfait  
Fluffy Pancakes ✓  
Hash Browns  
Fresh Orange  
Fresh Apple

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

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

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

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

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

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

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

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

20  
Chocolate Chip Muffin ✓  
Egg & Cheese on a Bagel  
Empire Apple  
Blueberry Muffin ✓  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese on a Bun  
Hash Browns  
Banana  
Fresh Orange

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

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

23  
Early Dismissal

26

27

28

29

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 low-fat 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.