

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

February 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Want to work while your kids are in school? We have some exciting job opportunities for you in our school cafeterias! Contact us for more information at 255-8370 or go to whitsons.com to apply online!

6 Chicken Tenders Plate
whole grain crispy chicken tenders with a white wheat dinner roll
Peas
Grape Tomatoes
Fresh Orange
Fresh Apple

7 Beef & Chicken Meatballs over Pasta
beef and chicken meatballs with tomato sauce over a bed of penne pasta
Baby Carrots
Steamed Green Beans
Fresh Orange
Apple 100% Juice

8 Grilled Cheese Sandwich
melted American cheese served on toasty whole wheat bread
Baked Tater Tots
Sweet Red Pepper Strips
Fresh Apple
Banana

9 Soft Beef Taco
Black Beans
Cucumber Coins
Fresh Orange
100% Juice Fruit Punch

10 Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket or Garlic Bread Pizza
garlic bread topped with mozzarella cheese and sauce
Oven Baked Fries
Broccoli Tips w/ Ranch Dip
Banana
Applesauce

Weekly Alternate: Organic Hummus & Organic Whole Grain Pretzel

13 Cheeseburger
burger with American cheese on a whole wheat bun
or Charbroiled Burger
juicy charbroiled hamburger served on a whole wheat bun
Baked Potato Wedges
Baby Carrots
Fresh Apple
Fresh Orange

14 Mac & Cheese
whole grain elbow pasta in a creamy cheese sauce
Steamed Green Beans
Sweet Red Pepper Strips
Strawberries
Apple 100% Juice

Buy a lunch & get a STRAWBERRY CUP for a Valentine's Day treat!

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

15 French Toast with Syrup
Scrambled Eggs
Turkey Bacon
Hash Browns
Baby Carrots
Blueberries
Fresh Apple

Try some blueberries on your French Toast!

16 Cheese Pizza
plain cheese whole wheat pizza slice
or Turkey Pepperoni Pizza
cheesy pizza topped with turkey pepperoni, made with a whole grain crust
Steamed Spinach
Garbanzo Beans
Fresh Orange
100% Juice Fruit Punch

17 Professional Development Day
No School

20 Presidents' Day
No School

21 Baked Chicken Nuggets
with choice of dipping sauce
Brown Rice
Corn
Baby Carrots
Applesauce
Orange 100% Juice

22 NY Pretzel
with Cheese Sauce
Sweet Red Pepper Strips
Steamed Broccoli
Fresh Orange
Banana

Organic Whole Wheat Pretzel!

23 Loaded Beef Nachos
Kidney Beans
Cucumber Coins
Fresh Apple
100% Juice Fruit Punch

24 Pizza Bites
cheese and tomato sauce baked in a crispy whole grain pocket or Garlic Bread Pizza
garlic bread topped with mozzarella cheese and sauce
Oven Baked Fries
Broccoli Florets
Fresh Orange
Banana

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

27 Cheesy Stuffed Breadsticks
with Marinara Sauce
Peas
Baby Carrots
Fresh Orange
Fresh Apple

28 Crispy Chicken Patty Sandwich
crispy white meat chicken patty on a fluffy bun
Baked Sweet Potato Fries
Celery Sticks
Fresh Orange
Apple 100% Juice

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

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We've partnered with Bongards, a farmer owned coop with over a century of cheese making expertise, to bring you exceptional cheeses.

Visit us at www.Whitsons.com or follow the QR code to the right to learn more about the food we serve.



Produce of the Month

Oranges



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

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 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing
Bagel Lunch: Whole Wheat Bagel with Cream Cheese, Low-Fat String Cheese & Organic 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