

# Welcome to our Breakfast Cafe @

Fairfield High Schools

**March**  
**2017**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

**WHITSON'S**  
School Nutrition



1 Cinnamon Bun (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Hash Browns  
Fresh Orange  
Banana

2 Apple Cinnamon Muffin  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* (P)  
Hash Browns  
Fresh Orange  
Fresh Apple

3 Banana Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
French Toast Sticks (V)  
Hash Browns  
Pork Sausage Patty  
Fresh Apple  
Banana

6 Blueberry Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Waffles (V)  
Turkey Sausage Links  
Hash Browns  
Fresh Orange  
Fresh Apple

7 Cinnamon Bun (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Ham, Egg and Cheese on a  
Bagel (P)  
Hash Browns  
Banana  
Fresh Orange

8 Banana Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Fluffy Pancakes (V)  
Turkey Sausage Links  
Hash Browns  
Turkey Sausage  
Fresh Orange  
Banana

9 Chocolate Chip Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Hash Browns  
Banana  
Fresh Orange

10 Apple Cinnamon Muffin  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
French Toast Sticks (V)  
Hash Browns  
Turkey Sausage Links  
Fresh Apple  
Banana

**National School Breakfast Week**

13 Blueberry Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Hash Browns  
Banana  
Fresh Orange

14 Chocolate Chip Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Waffles (V)  
Turkey Sausage Links  
Hash Browns  
Fresh Orange  
Banana

15 Cinnamon Bun (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Hash Browns  
Banana  
Fresh Apple

16 Banana Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* (P)  
Hash Browns  
Banana  
Fresh Orange

17 Apple Cinnamon Muffin  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
French Toast Sticks (V)  
Hash Browns  
Turkey Sausage Links  
Fresh Orange  
Fresh Apple

20 Chocolate Chip Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
French Toast Sticks (V)  
Pork Sausage Patty  
Hash Browns  
Fresh Apple  
Fresh Orange

21 Blueberry Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Hash Browns  
Banana  
Fresh Orange

22 Cinnamon Bun (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Waffles (V)  
Turkey Sausage Links  
Hash Browns  
Banana  
Fresh Orange

23 Apple Cinnamon Muffin  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* (P)  
Hash Browns  
Banana  
Fresh Orange

24 Banana Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Sausage, Egg & Cheese  
on a Bun  
Hash Browns  
Banana  
Fresh Orange

27 Chocolate Chip Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Fluffy Pancakes (V)  
Pork Sausage Patty  
Hash Browns  
Fresh Apple  
Fresh Orange

28 Blueberry Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Turkey Bacon, Egg & Cheese  
on Bagel  
Hash Browns  
Banana  
Fresh Orange

29 Cinnamon Bun (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Waffles (V)  
Turkey Sausage Links  
Hash Browns  
Banana  
Fresh Orange

30 Apple Cinnamon Muffin  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
Sausage, Egg & Cheese  
Burrito\* (P)  
Hash Browns  
Banana  
Fresh Orange

31 Banana Muffin (V)  
Egg & Cheese on a Bagel  
Fruity Breakfast Parfait  
French Toast Sticks (V)  
Hash Browns  
Banana  
Fresh Orange

We purchase locally harvested produce whenever it's seasonally available, but we also take special care to make sure the rest of our produce is flash frozen withing hours of harvesting. Flash freeing seals the vitamins and nutrient in, so our produce is loaded with nutritional

goodness. Our partners at Endico use mobile facilities that flash freeze produce right on the farm. Follow our QR code to learn more.



*Our Yogurt  
Parfaits are  
made with  
Organic Vanilla  
Yogurt, Organic  
Granola, and  
Organic Mixed  
Berries!*

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.