

# Welcome to our Lunch Cafe @

Fairfield Elementary Schools

May 2017

## Monday

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

## Tuesday

2 Meatball Parmesan Hero  
freshly baked meatballs topped with tomato sauce and cheese  
Carrots  
Fresh Spinach  
Fresh Orange  
Apple 100% Juice

## Wednesday

3 Pancakes and Turkey Sausage  
light and fluffy pancakes served with a turkey sausage patty with Syrup  
Baked Tater Tots  
Baby Carrots  
Blueberries  
Fresh Apple

## Thursday

4 Hot Dog on a Bun  
beef hot dog nestled on a soft bun and topped with your choice of condiments  
Vegetarian Baked Beans  
Celery Sticks  
Fresh Orange  
100% Juice Fruit Punch

## Friday

5 Cheese Pizza  
plain cheese whole wheat pizza slice ✓  
or Turkey Pepperoni Pizza  
Mixed Vegetables  
Garden Salad  
Banana  
Applesauce

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

8 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

9 Mac & Cheese  
whole grain elbow pasta in a creamy cheese sauce ✓  
Steamed Green Beans  
Sweet Red Pepper Strips  
Fresh Orange  
Apple 100% Juice

10 Popcorn Chicken  
crispy whole grain breaded chicken bites  
with WW Dinner Roll  
Baked Sweet Potato Fries  
Celery Sticks  
Fresh Apple  
Banana

11 Crispy Chicken Taco  
fiesta style chicken wrapped in a crispy tortilla shell with cheddar cheese, lettuce and salsa  
Brown Rice  
Black Beans  
Grape Tomatoes  
Fresh Orange  
100% Juice Fruit Punch

12 Cheese Pizza  
plain cheese whole wheat pizza slice ✓  
or Garlic Bread Pizza  
garlic bread topped with mozzarella cheese and sauce ✓  
Broccoli  
Sliced Cucumber  
Fresh Orange  
Banana

Weekly Alternate: Organic Whole Grain Pretzel & Hummus

15 Baked Chicken Nuggets  
with choice of dipping sauce  
Corn  
Grape Tomatoes  
Fresh Orange  
Fresh Apple

16 Mini Cheese Ravioli  
mini cheesy ravioli topped with tomato sauce ✓  
with WW Dinner Roll  
Steamed Carrots  
Cucumber Coins  
Applesauce  
Orange 100% Juice

17 French Toast with Syrup  
whole grain French toast served with syrup ✓  
Scrambled Eggs  
Baked Tater Tots  
Baby Carrots  
Strawberries  
Banana

18 Grilled Cheese with Bacon  
American cheese and turkey bacon on whole wheat bread  
Steamed Spinach  
Garbanzo Beans  
Fresh Apple  
100% Juice Fruit Punch

19 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 Green Beans  
Broccoli Florets  
Fresh Orange

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

22 Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce ✓  
with Whole Wheat Dinner Roll  
Oven Baked Fries  
Baby Carrots  
Fresh Orange  
Fresh Apple

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

24 Beef & Chicken Meatballs over Pasta  
beef and chicken meatballs with tomato sauce over a bed of penne pasta  
Steamed Broccoli  
Baby Carrots  
Banana  
Fresh Apple

25 Chicken & Cheese Quesadilla  
fiesta style chicken with melted cheddar cheese pressed inside a whole wheat tortilla  
Kidney Beans  
Cucumber Coins  
Banana  
Apple Grape 100% Juice

26 Cheese Pizza  
plain cheese whole wheat pizza slice ✓  
or Garlic Bread Pizza  
garlic bread topped with mozzarella cheese and sauce ✓  
Caesar Side Salad  
Steamed Carrots  
Fresh Orange  
Fresh Apple

Weekly Alternate: Chicken Caesar Salad Wrap

29 Memorial Day  
No School

30 Texas Rib Sandwich  
boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun  
Baked Sweet Potato Fries  
Grape Tomatoes  
Fresh Orange  
Applesauce

31 Scrambled Eggs ✓  
with Shredded Cheddar  
Turkey Bacon  
and WW Bread  
Hash Browns  
Baby Carrots  
Banana  
Fresh Apple

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

Produce of the Month  
**Lettuce**



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



Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we have very high ingredient standards and strict procedures in place to make sure of it! We also offer gluten & allergen free foods and purchase locally when seasonally available. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing at your school to keep your kids healthy!



### Lunch Prices

Lunch \$2.65

Reduced: \$0.40

Second Lunch \$5.00

### 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

All checks must be made payable to:  
Fairfield Public Schools Lunch