

Fairfield Roger Ludlowe MS

Welcome to our
Lunch Cafe

8/31/2017 - 8/31/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Delight Wrap
*chicken and cheese with lettuce,
tomato and ranch dressing wrapped
in a tortilla*



Broccoli Pizza
*whole wheat pizza dough topped with
fresh mozzarella cheese and broccoli
florets*

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Popcorn Chicken
*breaded chicken bites baked to
perfection*



Bacon Cheeseburger
*burger topped with cheese and
bacon on a freshly toasted bun*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



Buffalo Chicken Salad with
Dinner Rolls
*spicy chicken on a bed of romaine
lettuce with cucumbers, carrots and
tomatoes*

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Nachos Grande
*tortilla chips topped with mexi style
meat and cheese sauce*

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Garbanzo Beans
Romaine Lettuce
Carrots
Celery
Fresh Apple
Watermelon



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 and allergen free foods. Visit www.Whitsons.com to see all that we are doing at your school to keep our young customers healthy!

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

***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. If you have any questions or would like additional information regarding this menu, please contact the food service director. USDA is an equal opportunity provider, employer, and lender.