

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

January 2018

Monday

Tuesday

Wednesday

Thursday

Friday



1 Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
With Whole Wheat Dinner Roll
Side of Carrots
Green Beans
Applesauce
100% Juice Fruit Punch

3 French Toast
With Syrup
Tator Tots
Red Pepper Strips
Fresh Banana
Fresh Orange
French Toast Sticks!

4 **Snow Days!**

5

Weekly Alternate: Organic Whole Grain New York Pretzel with Ranch Hummus

8 Popcorn Chicken
breaded chicken bites baked to perfection
With Whole Wheat Dinner Roll
Side of Carrots
Grape Tomatoes
Fresh Orange
Applesauce

9 Meatball Parmesan Sandwich
warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese
Garbanzo Beans
Red Pepper Strips
Pineapple
100% Juice Fruit Punch

10 Pancakes
fluffy, warm pancakes
With Syrup
Turkey Sausage links
Tator Tots
Glazed Carrots
Fresh Apple
Fresh Banana

11 Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Broccoli
Cucumber Coins
100% Orange Juice Blend
Fresh Grapes

12 Cheese Pizza
Or Turkey Bacon Pizza
Squash Medley
Celery Sticks
Fresh Banana
Fresh Orange

Weekly Alternate: Ham & Cheese Sandwich on Whole Grain Bread



16 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Lemon Marinated Carrots
Corn
Fresh Apple
100% Juice Fruit Punch

17 BBQ Chicken
Brown Rice
Steamed Broccoli
Red Pepper Strips
Fresh Banana
Strawberry Cup

18 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
Baked Beans
Fresh Cucumber Salad
Fresh Orange
Apple Grape 100% Juice

19 Cheese Pizza
Or Chicken Pizza
Garden Salad
Celery Sticks
Fresh Apple
Fresh Grapes

Weekly Alternate: Garden Salad with Diced Chicken & Two Whole Grain Dinner Rolls

22 Crispy Chicken Sandwich
crispy breaded chicken on a bun
Green Beans
Fresh Broccoli
Applesauce
Fresh Orange

23 Pasta & Meat Sauce
freshly cooked pasta with meat sauce
Roasted Squash
Cucumber Coins
Fresh Apple
100% Juice Fruit Punch

24 Fruity Granola Parfait
Lowfat vanilla yogurt layered with berries and granola
Baked Potato Wedges
Fresh Baby Carrots
Fresh Banana
Strawberry Cup

25 Chicken Quesadilla
grilled flour tortilla filled with juicy chicken and melty cheese
Mild Salsa
Garbanzo Beans
Celery
Apple Grape 100% Juice
Fresh Orange

26 Cheese Pizza
Or Meatball Pizza
Squash Medley
Garden Salad
Fresh Grapes
Fresh Apple

Weekly Alternate: Boar's Head Turkey & Cheese Sandwich on Whole Grain Bread

29 Chicken Wings
breaded chicken wings baked to perfection
With Pretzel
Steamed Spinach
Grape Tomatoes
Fresh Apple
Sliced Oranges

30 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Burger
Oven Baked Fries
Red Pepper Strips
Apple Cherry 100% Juice
Cinnamon Applesauce

31 Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Spaghetti Sauce
Side of Carrots
Cucumber Coins
Fresh Banana
Blueberries

Weekly Alternate: Chicken Caesar Salad with Two Whole Grain Dinner Rolls

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

SIMPLY ROOTED™ in food and family

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve

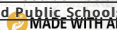


to our young customers.
Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices	
Lunch	\$2.85
Reduced:	\$0.40
Second Lunch	\$5.00
Lunch Includes: Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk, Fresh Seasonal Fruit & Fresh Vegetable Selection	
Organic Milk	\$1.50
A La Carte Milk	\$0.55

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



MADE WITH ORGANIC INGREDIENTS

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

If you have any questions or would like additional information, please contact the food service office at 203-255-8370.

*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. This institution is an equal opportunity provider.