

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



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

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

1 Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Broccoli
Cucumber Coins
100% Orange Juice Blend
Fresh Melon Cup

2 Cheese Pizza
Or Pepperoni Pizza
Spinach Salad
Celery Sticks
Strawberry Cup
Fresh Apple



5 Chicken Nugget & Pizza Bite Combo
With Whole Wheat Dinner Roll
Steamed Broccoli
Steamed Carrots
Fresh Orange Applesauce
First Day of National School Breakfast Week!

6 Homemade Meatballs With Spaghetti Sauce
Shredded Mozzarella Cheese
And Whole Wheat Hot Dog Bun
100% Juice Fruit Punch
Garbanzo Beans
Red Pepper Strips
Pineapple

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

7
Snow Day!

8
Snow Day!

9
Snow Day!

12 Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house
Green Beans
Broccoli Bites
Applesauce
Fresh Orange

13 Pancakes & Sausage
Crispy Tator Tots
Glazed Carrots
Fresh Banana
Apple Cherry 100% Juice

Weekly Alternate: Cheese Quesadilla on a Whole Grain Wrap

14 Homemade Chili
Tortilla Chips
Beans
Green Pepper Slices
Strawberry Cup
Fresh Apple

15 General Tso's Chicken
Brown Rice
Sweet Corn
Lemon Marinated Carrots
Fresh Apple
100% Juice Fruit Punch
The Sauce can be served on the side!

16 Cheese Pizza
Or Crispy Bacon Pizza
Squash Medley
Celery Sticks
Fresh Banana
Fresh Orange
St. Patrick's Day Sticker!

19 Mozzarella Sticks
With Spaghetti Sauce
Steamed Broccoli
Red Pepper Strips
Fresh Banana
Strawberry Cup

20 Cheeseburger Or Burger
Oven Baked Fries
Red Pepper Strips
100% Orange Juice Blend
Cinnamon Applesauce

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

21 Chicken Bowl with Cheese
And Fluffy Mashed Potatoes
With Pretzel
Garbanzo Beans
Celery
Fresh Orange
Strawberry Cup

22 Pasta & Meat Sauce
With Shredded Parmesan Cheese
Roasted Squash
Cucumber Coins
100% Juice Fruit Punch
Fresh Apple

23 Cheese Pizza
Or Meatball Pizza
Steamed Spinach
Garden Salad
Fresh Apple
Strawberry Cup

26 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
Mild Salsa
Garbanzo Beans
Celery
Fresh Apple
Sliced Oranges

27 Lasagna Rollup
Steamed Broccoli
Red Pepper Strips
100% Juice Fruit Punch
Cinnamon Applesauce

Weekly Alternate: Chicken Patty on a Whole Grain Roll

28 Fruity Parfait
Organic Granola
Baked Potato Wedges
Fresh Baby Carrots
Fresh Banana
Fresh Orange
Organic Yogurt!

29 Stuffed Bread Sticks
Spaghetti Sauce
Steamed Carrots
Cucumber Coins
Fresh Banana
Strawberry Cup
Apple Grape 100% Juice

30
No School!

SIMPLY ROOTED™ in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because we are Simply Rooted™ in food and family



and we care. 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

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

VEGETARIAN MADE WITH ALL NATURAL INGREDIENTS

*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.