

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

September 2016

Monday

Tuesday

Wednesday

Thursday

Friday

WHITSON'S School Nutrition Produce of the Month

Corn

WELCOME BACK!



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

Weekly Alternate Meal: Hummus Platter w/ cucumbers, celery, carrots and whole wheat pita bread

5 LABOR DAY NO SCHOOL

6 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce*
 Baked Tater Tots
 Corn
 Carrot Sticks w/ Ranch Dip
 Fresh Orange
 Banana

7 Beef & Chicken Meatballs over Pasta *beef and chicken meatballs with tomato sauce over a bed of penne pasta*
 Carrot Sticks w/ Ranch Dip
 Cucumber Coins
 Applesauce
 Banana

8 Hot Dog on a Bun *beef hot dog nestled on a soft bun and topped with your choice of condiments*
 Steamed Carrots
 Black Beans
 Red Delicious Apple
 Fresh Orange
 Apple 100% Juice

9 Cheese Pizza *plain cheese whole wheat pizza slice*
 Turkey Pepperoni Pizza *cheesy pizza topped with turkey pepperoni, made with a whole grain crust*
 Garden Salad
 Broccoli Florets
 Fresh Orange
 Fresh Red Grapes

Weekly Alternate: Boar's Head Turkey and cheese on a Whole Wheat Wrap

12 Sloppy Joe on a Bun *home made beef sloppy joe served on a soft whole wheat bun*
 Peas
 Steamed Green Beans
 Fresh Orange
 Banana

13 Fluffy Pancakes *light and fluffy whole grain pancakes*
 Hash Browns
 Turkey Sausage Links
 Baby Carrots
 Cucumber Coins
 Apple 100% Juice
 Banana
 Chicken Caesar Salad

14 Macaroni & Cheese *whole grain rich pasta elbows in a creamy cheese sauce*
 Sweet Red Pepper Strips
 Celery Sticks
 Fresh Apple
 Fresh Pear
 Whole Wheat Dinner Roll

15 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce*
 Garbanzo Beans
 Cucumber Coins
 100% Juice Fruit Punch
 Fresh Orange
 Chicken Caesar Salad

16 Cheese Pizza *plain cheese whole wheat pizza slice*
 Turkey Pepperoni Pizza *cheesy pizza topped with turkey pepperoni, made with a whole grain crust*
 Garden Salad
 Baby Carrots
 Chicken Caesar Salad
 Fresh Apple
 Banana

Weekly Alternate: Chicken Caesar Salad with croutons

19 Mixed Up Chicken *golden chicken nuggets and chicken tenders with a whole grain dinner roll*
 Whole Wheat Dinner Roll
 Baked Sweet Potato Fries
 Corn
 Fresh Apple
 Banana

20 Cheesy Stuffed Breadsticks *with Marinara Sauce*
 cheesy stuffed breadstick dunkers with marinara sauce
 Baby Carrots
 Cucumber Coins
 Apple 100% Juice
 Banana

21 Fluffy Pancakes *light and fluffy whole grain pancakes*
 Hash Browns
 Turkey Sausage
 Red Peppers
 Celery Sticks
 Fresh Apple
 Fresh Pear

22 Loaded Beef Nachos *crispy tortilla chips with Mexi beef, cheese sauce, sour cream and pico de gallo*
 Vegetarian Baked Beans
 Cucumber Coins
 Fresh Orange
 100% Juice Fruit Punch

23 Cheese Pizza *plain cheese whole wheat pizza slice*
 Turkey Pepperoni Pizza *cheesy pizza topped with turkey pepperoni, made with a whole grain crust*
 Steamed Broccoli
 Celery Sticks w/ Ranch Dip
 Cantaloupe
 Applesauce

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

26 Chicken Parmesan Over Pasta *traditional chicken parmesan topped with pomodoro sauce and melted mozzarella cheese, served over a bed of pasta*
 Corn
 Fresh Apple
 Banana

27 Grilled Cheese Sandwich *melted American cheese served on toasty whole wheat bread*
 Baby Carrots
 Cucumber Coins
 Banana
 Apple 100% Juice

28 Waffles with Turkey Sausage *light and crispy whole grain waffles served with a turkey sausage patty*
 Hash Browns
 Red Peppers
 Cucumber Coins
 Banana
 Fresh Pear

29 Cheesy Quesadilla *melted cheddar cheese and pico de gallo inside a grilled, folded tortilla*
 Vegetarian Baked Beans
 Garden Salad
 Fresh Orange
 100% Juice Fruit Punch

30 Cheese Pizza *plain cheese whole wheat pizza slice*
 Turkey Pepperoni Pizza *cheesy pizza topped with turkey pepperoni, made with a whole grain crust*
 Garden Salad
 Broccoli Florets
 Banana
 Fresh Cantaloupe Cup

Weekly Alternate: Boar's Head Turkey and cheese on a Whole Wheat Wrap

We work hard to make sure all of our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. To learn more about nutrition related to athletics, visit



us at www.Whitsons.com or scan our QR code to see all that we are doing at your school to keep your child healthy!



Daily Alternate Lunch \$2.65
 Lunch Available:
 Tossed Garden Salad: Romaine, Fat Free Chocolate Milk or Lactose Free Milk
 Lettuce, Tomato, Wedge, Cucumber
 Fresh Seasoned Fat and Fresh Vegetables Selection
 If you have any questions or concerns, please contact the food service office at 203-438-3770
 Wheat Bagel with Cream Cheese, Low Fat Cheese & natural Low Fat Yogurt.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available.