

# Welcome to our Lunch Cafe @

Fairfield Elementary Schools

December 2016

Monday

Tuesday

Wednesday

Thursday

Friday

Produce of the Month

Pears



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

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

**5**  
Texas Rib Sandwich  
boneless BBQ rib meat slathered in tangy barbecue sauce and served on a soft bun  
Oven Baked Fries  
Broccoli Tips w/ Ranch Dip  
Fresh Orange  
Banana

**6**  
Popcorn Chicken  
crispy whole grain breaded chicken bites  
Brown Rice  
Sweet Red Pepper Strips  
Corn  
Fresh Cantaloupe Cup  
Apple 100% Juice

**7**  
Fluffy Pancakes  
light and fluffy whole grain pancakes  
Turkey Sausage Links  
Hash Browns  
Baby Carrots  
Banana  
Applesauce

**8**  
Mozzarella Sticks  
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into our homemade tomato sauce  
Steamed Green Beans  
Garbanzo Beans  
Fresh Orange  
100% Juice Fruit Punch

**9**  
Cheese Pizza  
plain cheese whole wheat pizza slice  
or Turkey Pepperoni Pizza  
cheesy pizza topped with turkey pepperoni, made with a whole grain crust  
Garden Salad  
Italian Vegetables  
Fresh Apple  
Banana

Weekly Alternate: Hummus, Whole Grain Soft Pretzel & Fresh Veggie Platter

**12**  
Chicken Tenders Plate  
whole grain crispy chicken tenders with a white wheat dinner roll  
Peas  
Grape Tomatoes  
Fresh Apple  
Banana

**13**  
Meatball Parmesan Hero  
freshly baked meatballs topped with tomato sauce and cheese  
Carrots  
Garden Salad  
Banana  
Apple 100% Juice

**14**  
Grilled Cheese Sandwich  
melted American cheese served on toasty whole wheat bread  
Oven Baked Fries  
Sweet Red Pepper Strips  
Fresh Apple  
Fresh Pear

**15**  
Loaded Beef Nachos  
Black Beans  
Corn  
Fresh Orange  
100% Juice Fruit Punch

**16**  
Pizza Bites  
cheese and tomato sauce baked in a crispy whole grain pocket  
Mixed Vegetables  
Broccoli Florets  
Cantaloupe  
Applesauce

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

**19**  
Beef Sliders  
mini beef patties on mini hamburger buns  
Baked Potato Wedges  
Celery Sticks  
Fresh Apple  
Banana

**20**  
Baked Chicken Nuggets  
with choice of dipping sauce  
Brown Rice  
Baby Carrots  
Steamed Green Beans  
Banana  
Apple 100% Juice

**21**  
Waffles  
light and crisp whole grain waffles  
Turkey Sausage Links  
Baked Sweet Potato Fries  
Broccoli Florets  
Banana  
Fresh Pear

**22**  
Mac & Cheese  
whole grain elbow pasta in a creamy cheese sauce  
Kidney Beans  
Cucumber Coins  
Fresh Orange  
100% Juice Fruit Punch

**23**  
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 Spinach  
Grape Tomatoes  
Strawberries  
Fresh Apple

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

**26**

Have a safe & fun holiday!

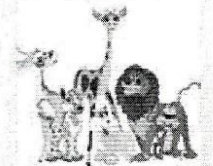
**27**

**28**

**29**

**30**

## T HOLIDAY RECESST



Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We proudly serve steroid & hormone free chicken, raised on family farms from all across the country. We've



partnered with Tyson Foods, Inc. to bring you quality meals that you'll love!



Follow the QR code for more info.

Lunch Prices  
Lunch \$2.65  
Reduced: .40  
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 Cheese & all natural 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

\*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. USDA is an equal opportunity provider, employer, and lender.