

# Welcome to our Lunch Cafe @

Fairfield Elementary Schools

February 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Want to work while your kids are in school? We have some exciting job opportunities for you in our school cafeterias! Contact us for more information at 255-8370 or go to whitsons.com to apply online!

6 Chicken Tenders Plate  
whole grain crispy chicken tenders with a white wheat dinner roll  
Peas  
Grape Tomatoes  
Fresh Orange  
Fresh Apple

7 Beef & Chicken Meatballs over Pasta  
beef and chicken meatballs with tomato sauce over a bed of penne pasta  
Baby Carrots  
Steamed Green Beans  
Fresh Orange  
Apple 100% Juice

8 Grilled Cheese Sandwich  
melted American cheese served on toasty whole wheat bread  
Baked Tater Tots  
Sweet Red Pepper Strips  
Fresh Apple  
Banana

9 Soft Beef Taco  
Black Beans  
Cucumber Coins  
Fresh Orange  
100% Juice Fruit Punch

10 Pizza Bites  
cheese and tomato sauce baked in a crispy whole grain pocket or Garlic Bread Pizza  
garlic bread topped with mozzarella cheese and sauce  
Oven Baked Fries  
Broccoli Tips w/ Ranch Dip  
Banana  
Applesauce

Weekly Alternate: Organic Hummus & Organic Whole Grain Pretzel

13 Cheeseburger  
burger with American cheese on a whole wheat bun  
or Charbroiled Burger  
juicy charbroiled hamburger served on a whole wheat bun  
Baked Potato Wedges  
Baby Carrots  
Fresh Apple  
Fresh Orange

14 Mac & Cheese  
whole grain elbow pasta in a creamy cheese sauce  
Steamed Green Beans  
Sweet Red Pepper Strips  
Strawberries  
Apple 100% Juice  
Buy a lunch & get a STRAWBERRY CUP for a Valentine's Day treat!  
Weekly Alternate: Boar's Head Ham & American Cheese on a Whole Wheat Wrap

15 French Toast with Syrup  
Scrambled Eggs  
Turkey Bacon  
Hash Browns  
Baby Carrots  
Blueberries  
Fresh Apple  
Try some blueberries on your French Toast!

16 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  
Garbanzo Beans  
Fresh Orange  
100% Juice Fruit Punch

17 Professional Development Day  
No School

20 Presidents' Day  
No School

21 Baked Chicken Nuggets  
with choice of dipping sauce  
Brown Rice  
Corn  
Baby Carrots  
Applesauce  
Orange 100% Juice

22 NY Pretzel  
with Cheese Sauce  
Sweet Red Pepper Strips  
Steamed Broccoli  
Fresh Orange  
Banana  
Organic Whole Wheat Pretzel!

23 Loaded Beef Nachos  
Kidney Beans  
Cucumber Coins  
Fresh Apple  
100% Juice Fruit Punch

24 Pizza Bites  
cheese and tomato sauce baked in a crispy whole grain pocket or Garlic Bread Pizza  
garlic bread topped with mozzarella cheese and sauce  
Oven Baked Fries  
Broccoli Florets  
Fresh Orange  
Banana

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

27 Cheesy Stuffed Breadsticks  
with Marinara Sauce  
Peas  
Baby Carrots  
Fresh Orange  
Fresh Apple

28 Crispy Chicken Patty Sandwich  
crispy white meat chicken patty on a fluffy bun  
Baked Sweet Potato Fries  
Celery Sticks  
Fresh Orange  
Apple 100% Juice

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

**WHITSONS** School Nutrition  
Produce of the Month  
**Oranges**

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

Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We've partnered with Bongards, a farmer owned coop with over a century of cheese making expertise, to bring you exceptional cheeses.

Visit us at [www.Whitsons.com](http://www.Whitsons.com) or follow the QR code to the right to learn more about the food we serve.



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 and 2 Baked Sweet Potato Fries  
or Chicken Caesar Salad Bowl, Boar's Head Ham or Turkey Whole Wheat Wrap, all served with choice of Milk, Fruit and Vegetable Selection  
or Chicken Caesar Salad Bowl, Boar's Head Ham or Turkey Whole Wheat Wrap, all served with choice of Milk, Fruit and Vegetable Selection

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

\*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.