

Welcome to our Lunch Cafe @

Fairfield Elementary Schools

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



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

6 Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
With Whole Wheat Dinner Roll
Corn
Fresh Baby Carrots
Fresh Orange
Applesauce

7
**Election Day
No School**

8 Graham Cracker Parfait
lowfat vanilla yogurt layered with berries and graham crackers
Tator Tots
Fresh Baby Carrots
Fresh Apple
Pineapple
Organic Yogurt!

9 Mac & Cheese
pasta in cheese sauce, garnished with parsley
Beans
Cucumber Coins
Melon Cup
100% Orange Juice Blend

10
**Veterans' Day
No School**

Weekly Alternate: Crudite Platter w/ Fresh Veggies, String Cheese & Dinner Rolls

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

13 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Pasta with Sauce
Peas
Grape Tomatoes
Fresh Orange
Cinnamon Applesauce
Organic Sauce!

14 Popcorn Chicken
Brown Rice
Side of Carrots
Green Pepper Slices
Fresh Apple
Apple Grape 100% Juice

15 Grilled Cheese
melted cheese on golden toasted bread
Steamed Broccoli
Red Pepper Strips
Fresh Banana
Melon Cup

16 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
Baked Beans
Fresh Cucumber Salad
Fresh Orange
100% Juice Fruit Punch

17 Cheese Pizza
Or Bacon Pizza
Caesar Salad
Roasted Squash
Fresh Banana
Applesauce

Weekly Alternate: Garden Salad w/ Diced Chicken & Dinner Roll

20 Crispy Chicken Sandwich
crispy breaded chicken on a bun
Baked Potato Wedges
Carrot Dippers
Applesauce
Fresh Orange

21 Pasta & Meatballs
Side of Carrots
Cucumber Coins
Fresh Apple
100% Juice Fruit Punch
Wild Cherry Frozen Fruit Bar
ICE POP TREAT!
Organic Sauce!

22 French Toast
French toast baked to perfection
Scrambled Eggs
Turkey Bacon
With Syrup
Tator Tots
Fresh Baby Carrots
Fresh Banana
Strawberries
French Toast Sticks!

23

24
Happy Thanksgiving!

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

27 Stuffed Bread Sticks
baked bread sticks filled with melted cheese
With Spaghetti Sauce
Corn
Caesar Salad
Fresh Apple
Pineapple
Organic Sauce!

28 Cheeseburger
Or Burger
Oven Baked Fries
Red Pepper Strips
Melon Cup
Apple Cherry 100% Juice

29 Boneless Chicken Wings
breaded chicken wings baked to perfection
Brown Rice
Side of Carrots
Green Pepper Slices
Fresh Apple
Strawberries
Just like Chicken Nuggets, no sauce!

30 BBQ Rib Sandwich
BBQ rib patty on a bun
Garbanzo Beans
Fresh Baby Carrots
Fresh Banana
100% Juice Fruit Punch

Weekly Alternate: Chicken Caesar Salad & Dinner Roll

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that 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

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

*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.