

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!

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❄️ HOLIDAY RECESS ❄️



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.