






# FAIRFIELD ELEMENTARY MENU – December 2013

WEEKLY ALTERNATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	 WM Boneless Chicken Wings (like nuggets) ♦ Glazed Carrots Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	2 3 <b>Sample Day</b> <b>Oatmeal</b> *Pancakes w/syrup Chicken Sausage ♦ Cinnamon Baked Apples Assorted Fruit Choice Milk	4 Nacho Scoops ♦ Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	5 *Cheese Quesadilla Mexican Veggies Vegetable Cup Choice Assorted Fruit Choice Milk	6 *Big Daddy Pizza ♦ Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk 
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	9 Hamburger or Cheeseburger on WW Roll ♦ Spicy Fat Fries ♦ Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk 	10 ♦ Chicken Noodle Soup *♦ Toasted Cheese Sandwich on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	11 Breaded Baked Chicken Roasted Potatoes ♦ Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	12 *♦ WW French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	13 *Deep Dish Pizza ♦ Garlic Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	16 WM Chicken Tenders Oven Fries ♦ Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	17 <b>Italian Dunkers</b> WW Garlic Breadstick ♦ Hearty Meat Sauce Romano Veggies Vegetable Cup Choice Assorted Fruit Choice Milk	18 *WG Belgian Waffles w/syrup Chicken Sausage Patties <b>Oatmeal</b> Vegetable Cup Choice Assorted Fruit Choice Milk	19 Mozzarella Sticks *♦ Tomato Sauce Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	20 Hot Dog on WW Roll Sweet Potato Fries ♦ Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk
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Menu Subject to Change

♦ = indicates meals cooked from scratch \* = indicates vegetarian meal

Elementary Lunch Price \$2.55

Milk \$.55

Bottled Water \$1.00

WW = Whole Wheat

WG = Whole Grain

WM = Whole Muscle

Bagel Plate includes: Whole Grain Bagel, cream cheese cup, 4oz. lowfat yogurt, string cheese, fresh veggie cup with hummus or daily veggie offering, fresh fruit

Cereal Plate includes: Whole Grain Cereal, 4oz. lowfat yogurt, string cheese, fresh veggie cup with hummus or daily veggie offering, fresh fruit

All meals served with: Choice of 1% or skim white milk or fat free chocolate milk. Available daily: Fresh veggies cups/hummus, Fresh fruit and Rainbow fruit tray