

FAIRFIELD ELEMENTARY MENU – February 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)	  	  	 		1 ★❖Cheese Pizza ❖Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	4 ❖Three Cheese Lasagna Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	5 ❖Baked Chicken in Fruit Sauce ❖Garlic Mashed Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	6 ▶Sample Day◀ Grapefruit ❖Chicken Soup ★❖Toasted Cheese on WG Bread Vegetable Cup Choice Assorted Fruit Choice Milk	7 ★❖Cheddar Quesadilla w/Salsa Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	8 ❖Tangy Taco w/Lettuce & Tomatoes Brown Rice Golden Corn Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	11 ★❖WG French Toast Sticks w/syrup Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk	12 ★❖Hearty Vegetable Soup Tuna Sandwich on WW Bread Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	13 Roasted Chicken Strips ❖Lo Mein Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	14 ★❖Vegetarian Chili ▶Grapefruit◀ Wheat Breadstick Spinach Salad Vegetable Cup Choice Assorted Fruit Choice Milk	15 
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	18 	19 Boneless Chicken Wings ★❖Vegetable Rice Vegetable Cup Choice Assorted Fruit Choice Milk	20 Meatballs in our own ❖Sauce on WW Grinder Roll Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	21 ★❖Tuscan Vegetable Soup Turkey Breast on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	22 ★❖Cheese Pizza Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	25 Hamburger on WW Roll Sweet Potato Wedges ❖Garlic Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk	26 <u>Rice Bowl</u> ❖Sweet-n-Sour Chicken Brown Rice w/Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	27 ❖Beefy Nachos Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	28 WM Chicken Patty on WG Roll ❖Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk	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

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Menu Subject to Change

❖ = indicates meals cooked from scratch ★ = indicates vegetarian meal

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

Elementary Lunch Price \$2.45

WW = Whole Wheat

Milk \$.50

WG = Whole Grain

Bottled Water \$1.00

WM = Whole Muscle