

FAIRFIELD ELEMENTARY MENU – January 2013

WEEKLY ALTERNATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chef Salad/WG Bread</p> <p>★Cereal/Yogurt Plate (Available Mon, Fri)</p> <p>★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)</p>			<p>WM Boneless Chicken Wings Sweet Potato Wedges ♦Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>Meatballs in ♦Sauce on WG Grinder Roll Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★♦WG Cheese Pizza Freshly Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk</p>
<p>Chef Salad/WG Bread</p> <p>★Cereal/Yogurt Plate (Available Mon, Fri)</p> <p>★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)</p>	<p>Hamburger or Cheeseburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>♦Honey Lemon Chicken ♦Orange Rice Pilaf Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★♦WG French Toast Sticks w/Syrup Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>♦Beefy Nachos Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★♦Hearty Vegetable Soup ★♦Toasted Cheese on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk</p>
<p>Chef Salad/WG Bread</p> <p>★Cereal/Yogurt Plate (Available Mon, Fri)</p> <p>★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)</p>	<p>Fish Nuggets w/Sweet Potato Breading ♦Fat Fries Freshly Steamed Squash Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p><u>Sample Day</u> ►Clementine◀ ★♦Cheddar Quesadilla w/Salsa Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>Italian Dunkers WW Garlic Bread Stick ♦Hearty Meat Sauce for dunking Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>♦Chicken Caesar Salad ♦Ranch Dressing WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★WG Cheese Pizza ♦Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk</p>
<p>Chef Salad/WG Bread</p> <p>★Cereal/Yogurt Plate (Available Mon, Fri)</p> <p>★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)</p>		<p>♦Roasted Chicken Strips ♦Lo Mein Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★♦Minestrone Soup Toasted Cheese on WW Bread ►Clementine◀ Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★♦WG French Toast Sticks w/Syrup Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★Baked Ziti ♦Tomato Sauce w/Mozzarella Garlic Bread Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>
<p>Chef Salad/WG Bread</p> <p>★Cereal/Yogurt Plate (Available Mon, Fri)</p> <p>★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)</p>	<p>Breaded Baked Chicken WW Bread ♦Garlicky Mashed Potatoes Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>★♦Baked Macaroni & Cheese Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>Hot Open Turkey Sandwich w/Gravy on WW Bread Sweet Potato Wedges Freshly Steamed Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>♦Beefy Nachos Golden Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>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</p>

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Menu Subject to Change

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

Elementary Lunch Price \$2.45

WW = Whole Wheat

Milk \$.50

WG = Whole Grain

Bottled Water \$1.00

WM = Whole Muscle