

FAIRFIELD ELEMENTARY MENU – January 2014

WEEKLY ALTERNATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	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			*Pancakes w/syrup Chicken Sausage ❖Cinnamon Baked Apples Vegetable Cup Choice Assorted Fruit Choice Milk	*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)	Boneless Chicken Wings (like nuggets) Oriental Blend Vegetables Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	*Cheese Quesadilla Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	Hot Dog on WW Roll Roasted Potatoes ❖Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	❖Chicken Noodle Soup *❖Toasted Cheese Sandwich on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	*Deep Dish Pizza ❖Garlicky 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)	Sample Day Mashed Cauliflower Hamburger or Cheeseburger on WW Roll ❖Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	*WG Belgian Waffles w/syrup Chicken Sausage Patties ❖Cinnamon Baked Apples Vegetable Cup Choice Assorted Fruit Choice Milk	*❖Macaroni & Cheese ❖Tossed Salad w/Lite Dressing Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	Nacho Scoops ❖Seasoned Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	*French Bread Pizza ❖Spinach 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)	Martin Luther King, Jr. 	Breaded Baked Chicken Mashed Potatoes w/gravy ❖Roasted Root Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	*❖WW French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	Meatballs in ❖Sauce on Grinder Roll ❖Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	*Big Daddy Pizza ❖Broccoli Cuts Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread *Cereal/Yogurt Plate (Available Mon, Fri) *Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	*Pancakes w/syrup Chicken Sausage ❖Cinnamon Baked Apples Assorted Fruit Choice Milk	Mozzarella Sticks *❖Tomato Sauce ❖Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	Chicken Tenders Brown Rice Mashed Cauliflower Vegetable Cup Choice Assorted Fruit Choice Milk	❖Hearty Vegetable Soup ❖Toasted Cheese Sandwich Vegetable Cup Choice Assorted Fruit Choice Milk	*Personal Pizza ❖Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk

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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

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

Elementary Lunch Price \$2.55

WW = Whole Wheat

Milk \$.55

WG = Whole Grain

Bottled Water \$1.00

WM = Whole Muscle