



FAIRFIELD ELEMENTARY MENU – March 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)	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	 Dr. Seuss March 2, 1904 - September 24, 1991	<i>Menu items in italics are recipes provided by Chef John Turenne</i>		1 ★❖Hearty Vegetable Soup ★❖Toasted Cheese on WW Bread 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 Chicken Patty on WW Roll Red Roasted Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	5 Fish Nuggets w/Sweet Potato Breading ❖Garlicky Green Beans WG Animal Crackers Vegetable Cup Choice Assorted Fruit Choice Milk	6 ❖Tangy Taco w/Lettuce & Tomatoes Brown Rice Golden Corn Vegetable Cup Choice Assorted Fruit Choice Milk	7 ❖Penne Primavera w/Chicken Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk 	8 ❖WG Pizza ❖Sauce Sweet Potato Wedge 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 ❖American Chop Suey (Macaroni with Beef) w/❖Sauce Steamed Peas Vegetable Cup Choice Assorted Fruit Choice Milk	12 ★❖WG French Toast Sticks w/Syrup Chicken Sausage Warm Spiced Apples Vegetable Cup Choice Assorted Fruit Choice Milk	13 ▶Sample Day◀ Beets WM Chicken Parmesan Pasta and ❖Sauce Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	14 ★❖Cheesy Veggie Quesadilla w/Salsa Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	15 ❖WG French Bread Pizza ❖Sauce Fresh Steamed Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	18 ❖Beefy Nachos ❖Sauce Golden Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk 	19 Hamburger or Cheeseburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk	20  ★Baked Ziti ❖Sauce w/Mozzarella Garlic Bread Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk 	21 ❖Baked Chicken in Fruit Sauce ❖Garlic Mashed Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	22 ★❖WG Cheese Pizza ❖Sauce Freshly 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 WM Boneless Chicken Wings ❖Spicy Fat Fries Fresh Steamed Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	26 Italian Dunkers WW Garlic Breadstick ❖Hearty Meat Sauce for dunking Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	27 ❖Chicken Caesar Salad ❖Ranch Dressing ▶Beets◀ WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	28 ★❖WG Cheese Pizza ❖Sauce ❖Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk	29 GOOD FRIDAY

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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

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