

FAIRFIELD ELEMENTARY MENU – May 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	<i>Menu items in italics are recipes provided by Chef John Turenne</i>	1 ♦Tangy Taco w/Lettuce & Tomatoes Brown Rice Golden Corn Vegetable Cup Choice Assorted Fruit Choice Milk	2 ★♦Cheddar Quesadilla w/Salsa Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	3 ♦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)	6 ♦Roasted Chicken Strips ♦Lo Mein Oriental Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	7 ★♦Baked Macaroni & Cheese Garden Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	8 Meatballs in ♦Sauce WG Grinder Roll Freshly Steamed Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	9 ♦Penne Primavera w/Chicken Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	10 ♦WG Cheese Pizza ♦Sauce Fresh 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)	13 Hamburger on WW Roll ♦Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk	14 ♦Honey Lemon Chicken ♦Spicy Fat Fries Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	15 ★♦Minestrone Soup ★♦Grilled Cheese on WW Bread Vegetable Cup Choice Assorted Fruit Choice Milk	16 ▶Sample Day◀ Strawberries WM Chicken Patty on WW Roll Golden Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	17 ♦WG Cheese Pizza ♦Sauce ♦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)	20 Frankfurter on WW Bun Sweet Potato Fries Vegetable Cup Choice Assorted Fruit Choice Milk	21 ★♦WG French Toast Sticks w/Syrup Chicken Sausage ▶Strawberries◀ Vegetable Cup Choice Assorted Fruit Choice Milk	22 WM Chicken Parmesan Pasta and ♦Sauce Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	23 Rice Bowl ♦Sweet & Sour Chicken Brown Rice w/Veggies Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	24 ★♦WG Cheese Pizza ♦Sauce Sweet Potato Wedges Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	27 Memorial Day 	28 Italian Dunkers WW Garlic Breadstick ♦Hearty Meat Sauce Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	29 WM Chicken Tenders ♦Garlicky Green Beans WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk	30 ♦Beefy Tacos ♦Corn & Black Beans Shredded Cheese, Lettuce, Diced Tomato Vegetable Cup Choice Assorted Fruit Choice Milk	31 ★♦WG Cheese Pizza ♦Sauce ♦Tomato & Cucumber Salad Vegetable Cup Choice Assorted Fruit Choice Milk

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Menu Subject to Change

Elementary Lunch Price \$2.45

Milk \$.50

Bottled Water \$1.00

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

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