



FAIRFIELD ELEMENTARY MENU – November 2012



<i>WEEKLY ALTERNATES</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
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			1 FUN Salad Bar Lots of Vegetables Choice of one: Turkey, Egg, Tuna, Cheese Whole Grain Bagel Assorted Fruit Choice Icy Juicy Milk	2 ❖ Pizza Burger on Whole Wheat Roll Sweet Potato Bites Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	5 Meatballs in our own Sauce WG Grinder Roll Vegetable Cup Choice Assorted Fruit Choice Milk	6 	7 ★❖ Cheddar Quesadilla w/ Broccoli Pesto (no nuts) and Tomato Vegetable Cup Choice Assorted Fruit Choice Milk	8 <u>Sample Day</u> ➤Kale Chips◀ ❖ Roasted Chicken Strips Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	9 ★❖ WG Cheese Pizza or WG BBQ Chicken Pizza 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)	12 	13 Super Awesome ❖ Beef Chili Wrap Smiley Fries Vegetable Cup Choice Assorted Fruit Choice Milk	14 Chicken Tenders ❖ Lo Mein Vegetable Cup Choice Assorted Fruit Choice Milk	15 ❖ Mini Lasagna Bites Spinach Salad with Grape Tomatoes Vegetable Cup Choice Assorted Fruit Choice Milk	16 ❖ Stir Fry Chicken Fajita w/ Squash and Corn Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	19 ❖ Italian Dunkers ➤Kale Chips◀ Vegetable Cup Choice Assorted Fruit Choice Milk	20 ★❖ WG Cheese Pizza Fresh Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	21 ❖ BBQ Chicken Whole Wheat Roll Whole Kernel Corn Vegetable Cup Choice Assorted Fruit Choice Milk	22 <i>Happy Thanksgiving</i> 	23
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	26 Chicken Patty on WW Roll Smiley Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	27 ★ Fish Nuggets with Sweet Potato Breading Green Beans WG Animal Crackers Vegetable Cup Choice Icy Juicy Milk	28 ❖ Beef Burrito on WG Tortilla Vegetable Cup Choice Assorted Fruit Choice Milk	29 ❖ Baked Potato w/ Chili, Cheese Fresh Broccoli Blueberry Muffin Vegetable Cup Choice Assorted Fruit Choice Milk	30 ❖ Honey Lemon Chicken Roasted Potatoes WW Dinner Roll 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

