

FAIRFIELD ELEMENTARY MENU – NOVEMBER 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>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>			<p>Thanks</p>	<p>1</p> <p>★❖French Toast w/Syrup Chicken Sausage Icy Juicy 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>4</p> <p>Hamburger or Cheeseburger on Roll ❖Fat Fries Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk</p>		<p>5</p> <p>★Mozzarella Sticks w/❖Tomato Sauce Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>6</p> <p><u>Sample Day</u> <i>Golden Delicious Apples</i> Chicken Patty on Roll ❖Glazed Baby Carrots Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>7</p> <p>★Big Daddy Pizza ❖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>11</p> 	<p>12</p> <p>Meatballs in Sauce on Grinder Roll ❖Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>13</p> <p>❖Chicken Vegetable Soup ★❖Toasted Cheese Sandwich Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>14</p> <p>Nacho Scoops ❖Tangy Taco Meat Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>15</p> <p>★Deep Dish Pizza ❖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>18</p> <p>Boneless Chicken Wings (like nuggets) Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>19</p> <p>★❖French Toast w/syrup Chicken Sausage <i>Golden Delicious Apples</i> Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>20</p> <p>Hamburger or Cheeseburger on Roll ❖Mixed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>21</p> <p>Italian Dunkers ❖Hearty Meat Sauce for dunking Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>22</p> <p>★Personal Size Pizza ❖Garden 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>25</p> <p>★Belgian Waffle Sticks Fruit Topping or Syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>26</p> <p>★❖Macaroni & Cheese ❖Tossed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>27</p> <p>Hot Dog on Roll Sweet Potato Bites ❖Baked Beans Vegetable Cup Choice Assorted Fruit Choice Milk</p>	<p>28</p> 	<p>28</p> <p>THANKSGIVING RECESS</p>

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Menu Subject to Change

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

Elementary Lunch Price \$2.55

WW = Whole Wheat

Milk \$.55

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