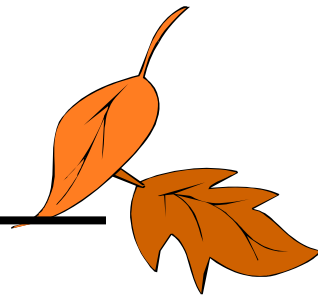


October Bulletin Board



FREE MEAL APPLICATIONS

If you received free or reduced price lunch meals last school year, please remember to complete a new Free/Reduced Lunch Application for this school year. Your free or reduced lunch status from last year expires on October 15, 2010. If we do not have a new 2010-2011 application on file by October 15, 2010, your child will be required to pay full price for lunch beginning October 18, 2010. Free and Reduced Lunch Applications for 2010-2011 can be obtained in your child's school office or on-line at Fairfieldschools.org.

Lunch Accounts

Register on Mealpayplus and use features on their website at no charge. All you need is your child's student identification number. Call the food services department at 255-8370 if you need your child's ID number. On the website, you can view purchase history for your child and receive low balance e-mail notifications when your child's balance gets below a certain level. You can use the website even without making payments through the website.

www.mealpayplus.com

Butternut Squash Soup with Sage

1 Tbsp. vegetable oil
2 ½ lbs. butternut squash, peeled, seeded, cut into 1" cubes
2 med. Granny Smith apples, cored, sliced
1 large onion, chopped
1 Tbsp. sugar

1 tsp. ground coriander
¼ tsp. cayenne pepper
3 c. chicken broth
1 Tbsp. butter or margarine
12 fresh sage leaves

Heat oil in saucepot over medium heat. Add squash, apples and onion and cook until almost tender. Stir in sugar, coriander and cayenne pepper. Cook and stir 2 minutes. Add broth. Heat to a boil. Cook over low heat 10 minutes or until squash is tender. Place cooked squash mixture in food processor, using a slotted spoon. Cover and blend until smooth, adding enough cooking liquid to make soup of desired consistency. Heat butter in small skillet. Add sage and cook until crisp. Remove and drain on paper towels. Reserve butter in skillet. Divide soup among bowls. Drizzle each with sage butter and garnish with crisp sage leaves.

Allrecipes.com



Visit our new website at
Fairfieldschools.org