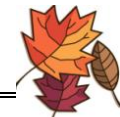





# FAIRFIELD ELEMENTARY MENU – October 2012



<b>ALTERNATES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Chef Salad/WG Bread ★ Cereal/Yogurt Plate (Available Mon, Fri) ★ Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	<b>1</b> Chicken Tenders ❖ Kale & Quinoa Medley Vegetable Cup Choice Assorted Fruit Choice Milk	<b>2</b> Super Awesome ❖ Beef Chili Wrap Smiley Fries Vegetable Cup Choice Assorted Fruit Choice Milk	<b>3</b> ❖ Stir Fry Chicken Fajita With Squash and Corn Brown Rice Vegetable Cup Choice Assorted Fruit Choice Milk	<b>4</b> ❖ Mini Lasagna Bites Spinach Salad with Grape Tomatoes Vegetable Cup Choice Assorted Fruit Choice Milk	<b>5</b> ★❖ Tuscan Vegetable Stew Turkey Breast on Whole Wheat 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)	 <b>8</b> <u>Sample Day</u> Pumpkin Dip With Apple Slices ❖ Italian Dunkers Vegetable Cup Choice Assorted Fruit Choice Milk	<b>9</b> ❖ BBQ Chicken Whole Wheat Roll Whole Kernel Corn Vegetable Cup Choice Assorted Fruit Choice Milk	<b>10</b> ❖ Beef Taco on WG Tortilla With Lettuce & Tomato Vegetable Cup Choice Assorted Fruit Choice Milk	<b>11</b> ★❖ WG Cheese Pizza Fresh Broccoli Vegetable Cup Choice Assorted Fruit Choice Milk	<b>12</b> <u>Rice Bowl</u> ❖ Sweet & Sour Chicken Brown Rice with Veggies Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/ WG Bread ★ Cereal/Yogurt Plate (Available Mon, Fri) ★ Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	<b>15</b> Chicken Patty on WW Roll Smiley Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	<b>16</b> ★ Fish Nuggets with Sweet Potato Breading Green Beans WG Animal Crackers Vegetable Cup Choice 100% Juice Pop Milk	<b>17</b> ❖ Beef Burrito on WG Tortilla Vegetable Cup Choice Assorted Fruit Choice Milk	<b>18</b> ❖ Penne Primavera With Chicken Vegetable Cup Choice Assorted Fruit Choice Milk	<b>19</b> ★ WG French Bread Pizza Edamame Taster Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★ Cereal/Yogurt Plate (Available Mon, Fri) ★ Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	<b>22</b> Hamburger on WW Roll Baked Beans Vegetable Cup Choice Assorted Fruit Choice Pumpkin Dip With Apple Slices Milk 	<b>23</b> Grilled Chicken on WW Roll Corn on the Cob Vegetable Cup Choice Assorted Fruit Choice Milk	<b>24</b> ★❖ Thick Vegetable Soup ★ Grilled Cheese on WW Vegetable Cup Choice Assorted Fruit Choice Milk	<b>25</b> ❖ ½ Baked Potato With Chili, Cheese Fresh Broccoli Blueberry Muffin Vegetable Cup Choice Assorted Fruit Choice Milk	<b>26</b> ❖ Honey Lemon Chicken Roasted Potatoes WW Dinner Roll Vegetable Cup Choice Assorted Fruit Choice Milk
Chef Salad/WG Bread ★ Cereal/Yogurt Plate (Available Mon, Fri) ★ Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	<b>29</b> ❖ American Chop Suey Steamed Peas Vegetable Cup Choice Assorted Fruit Choice Milk	<b>30</b> ❖ French Toast Sticks Chicken Sausage Hot Apple Slices Vegetable Cup Choice Assorted Fruit Choice Milk	<b>31</b> Chicken Parmesan Spaghetti w/sauce Spinach Salad Vegetable Cup Choice Assorted Fruit Choice Milk		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

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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

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