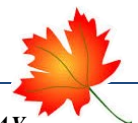




FAIRFIELD ELEMENTARY MENU – September/October 2013



WEEKLY ALTERNATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	30	1	2	3	4
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	Boneless Chicken Wings (like nuggets) ♦Stir Fried Rice Oriental Vegetables Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	Pancakes w/syrup Chicken Sausage Cinnamon Baked Apples Vegetable Cup Choice Assorted Fruit Choice Milk	Italian Dunkers WW Garlic Breadstick ♦Hearty Meat Sauce Spinach Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	Sample Day <i>Corn on the Cob</i> Hamburger on Wheat Roll Oven Fries Vegetable Cup Choice Assorted Fruit Choice Milk	♦Chicken Soup ★♦Toasted Cheese Sandwich Vegetable Cup Choice Assorted Fruit Choice Milk
	7	8	9	10	11
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	Cheese Quesadilla Corn Niblets Vegetable Cup Choice Assorted Fruit Choice Milk	Meatballs in ♦Sauce on Grinder Roll Tossed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	★♦French Toast w/syrup Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	Chicken Tenders Brown Rice ♦Roasted Root Vegetables Vegetable Cup Choice Assorted Fruit Choice Milk	Big Daddy Pizza Mixed Green Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
	14	15	16	17	18
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	Breaded Baked Chicken ♦Mashed Potatoes w/Gravy ♦Glazed Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	♦Sloppy Joe on Split Bun ♦Garlic Green Beans Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	Nacho Scoops ♦Seasoned Meat <i>Corn on the Cob</i> Vegetable Cup Choice Assorted Fruit Choice Milk	Hot Dog on Wheat Roll Baked Beans Roasted Potatoes Vegetable Cup Choice Assorted Fruit Choice Milk	Deep Dish Pizza Tossed Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk
	21	22	23	24	25
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	Hamburger or Cheeseburger on Wheat Roll Broccoli Cuts Icy Juicy Vegetable Cup Choice Assorted Fruit Choice Milk	★♦Macaroni & Cheese Romaine Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	Chicken Patty on WW Roll Vegetable Cup Choice Assorted Fruit Choice Milk	Belgian Waffles Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	Big Daddy Pizza ♦Garlicky Green Beans Vegetable Cup Choice Assorted Fruit Choice Milk
	28	29	30	31	
Chef Salad/WG Bread ★Cereal/Yogurt Plate (Available Mon, Fri) ★Bagel/Yogurt Plate (Available Tues, Wed, Thurs)	Boneless Chicken Wings Brown Rice Corn & Carrots Vegetable Cup Choice Assorted Fruit Choice Milk	Spaghetti w/♦Sauce Meatballs Garden Salad w/Lite Dressing Vegetable Cup Choice Assorted Fruit Choice Milk	Belgian Waffles Strawberries Chicken Sausage Vegetable Cup Choice Assorted Fruit Choice Milk	Hot Dog on WW Roll ♦Baked Beans Sweet Potato Bites 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
 ♦ = indicates meals cooked from scratch ★ = indicates vegetarian meal
 Elementary Lunch Price \$2.55 Milk \$.55 Bottled Water \$1.00
 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