

# JANUARY 2023

## Fairfield Pre-K

### LUNCH



**School Information:** Happy Holidays! Students return back to school January 9<sup>th</sup>



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### MONDAY

*Happy Holidays*

2

### TUESDAY

*Happy Holidays*

10

### WEDNESDAY

*Happy Holidays*

11

### THURSDAY

*Happy Holidays*

12

### FRIDAY

*Happy Holidays*

6

Hot Ham & Cheese  
Potato Wedges  
Steamed Broccoli  
Fruit variety

9

Steak Nuggets  
French Fries  
Garden Salad  
Fruit Variety

Oven Roasted Chicken  
Rice Pilaf  
Caramelized Carrots  
Fruit variety

Cheeseburger  
Sweet potato fries  
Fruit Variety  
Garden Salad

Chicken Tenders  
Steamed squash  
Garden Salad  
Fruit variety



16

Pizza  
Potato wedges  
Garden Salad  
Fruit variety

17

Spaghetti  
Steamed Broccoli  
Garden Salad  
Fruit variety

18

Burrito  
Pinto Beans  
Garden Salad  
Fruit variety

19

BBQ Wings  
Celery, Carrots  
Roasted, Seasoned Potatoes  
Garden Salad  
Fruit variety

20

Turkey & Cheese  
Sandwich  
Sweet Potato Fries  
Garden Salad  
Fruit variety

23

Taco Tuesday  
Black Beans  
Spanish Rice  
Lettuce, cheese, tomato  
Fruit variety

24

Creamy Chicken and  
Broccoli Alfredo  
Breadstick  
Garden salad  
Fruit variety

25

PB & J Sandwich  
Baked Beans  
French fries  
Garden Salad  
Fruit variety

26

Chicken nuggets  
Potato Wedges  
Italian Green Beans  
Fruit variety

27

Chicken Parmesan  
Creamy Potatoes  
English Peas  
Garden Salad  
Fruit variety

30

Beef sliders  
French fries  
Garden Salad  
Fruit variety

31

