

JANUARY 2023

Fairfield 9-12

LUNCH



School Information: Type your school information here.



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

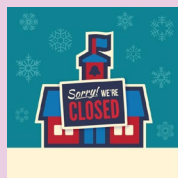
MONDAY

Happy Holidays

2

Hot Ham & Cheese
Potato Wedges
Steamed Broccoli
Fruit variety

9



16

Turkey & Cheese
Sandwich
Sweet Potato Fries
Garden Salad
Fruit variety
Brownie (pre-wrapped)

23

Chicken Parmesan
Creamy Potatoes
English Peas
Garden Salad
Fruit variety

30

TUESDAY

Happy Holidays

10

Sausage Dog
French Fries
Sweet Corn
Garden Salad
Fruit Variety

Pizza
Potato wedges
Garden Salad
Fruit variety

17

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

24

Egg Omelet
Pancakes
Sausage links
Carrot snack packs
Garden Salad
Fruit variety

31

WEDNESDAY

Happy Holidays

11

Oven Roasted Chicken
Rice Pilaf
Italian Green Beans
Caramelized Carrots
Fruit variety
Brownie (pre-wrapped)

18

Spaghetti
Dinner Roll
Steamed Broccoli
Garden Salad
Fruit variety

Creamy Chicken and
Broccoli Alfredo
Breadstick
Caramelized Carrots
Garden salad
Fruit variety

25

THURSDAY

Happy Holidays

12

Deluxe Hamburger
Baked Potato (sour cream,
cheese, butter)
5-way mix vegetables
Fruit Variety
Garden Salad

19

Taco Soup
Vegetable Medley
Pinto Beans
Garden Salad
Fruit variety

Chili Cheese dogs
Baked Beans
French fries
Garden Salad
Fruit variety

26

FRIDAY

Happy Holidays

6

Chicken Tenders
Dinner Roll
Steamed squash
Garden Salad
Fruit variety

13

Hot wings
Celery, Carrots
Roasted, Seasoned Potatoes
Garden Salad
Fruit variety

20

Deluxe Chicken Sandwich
Potato Wedges
Italian Green Beans
Fruit variety

27

