

SEPTEMBER 2021

Fairfield City Schools K-5 Menu

LUNCH

School Information: Milk choices offered at all meals. Menus are subject to change due to nationwide shortages. Special diet forms can be found on the District's website or your cafeteria.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Grilled Chicken
Sandwich
Crinkle cut fries
Fruit cup

1

Beef Steak nuggets
Glazed Carrots
Fruit cup

2

PB & J
Sweet Potatoes
Vegetable Medley juice
Fruit Cup

3

Labor Day

6

Fish Sandwich
Coleslaw
Fruit cup

7

Beef and Bean
Burrito
Pinto Beans
Fruit cup

8

Pork Rib Hoagie
Yam Patties
Italian Green beans
Fruit cup

9

Pizza, variety
Crinkle cut fries
Vegetable Medley juice
Fruit cup

10

Beef Patty Sliders
Baked beans
Fruit cup

13

Turkey, Ham,
Cheese Sub
Broccoli w/cheese
Fruit cup

14

Spaghetti w/meat
sauce
Italian Green Beans
Fruit Cup

15

Grilled Cheese
Sandwich
Crinkle cut fries
Fruit cup

16

Fish Nuggets
Sweet peas
Fruit cup

17

Cheese Enchilada
Mexican rice
Black beans
Fruit cup

20

Salisbury steak
Creamy potatoes
Sweet peas and carrots
Dinner Roll
Fruit cup

21

Turkey, Ham, Cheese
sub
Chips
Vegetable Medley Juice
Fruit cup

22

Pulled pork Sandwich
Baked beans
Coleslaw
Fruit cup

23

Mozzarella Cheese
Stick
Crinkle cut fries
Fruit cup

24

Beef Stroganoff
Lima Beans
Fruit cup

27

Mac & Cheese
Sweet potato souffle
Garden Salad
Fruit cup

28

Lasagna Roll
Garden Salad
Fruit cup

29

Baked Chicken
Creamy potatoes
Collard/Turnip Greens
Dinner roll
Fruit cup

30