

# SEPTEMBER 2021

## Fairfield City Schools K-8 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  
Lettuce, tomato, pickle  
Fruit choices

1

Beef tips w/rice  
Glazed Carrots  
Seasoned Corn  
Fruit choices

2

Sausage Dog  
w/peppers and onions  
Sweet Potatoes  
Fruit choices

3

#### Labor Day

6

Fish Sandwich  
Coleslaw  
Onion Rings  
Fruit choices

7

Tacos (lettuce,  
tomato, cheese)  
Corn w/salsa  
Pinto Beans  
Fruit choices

8

Pork Rib Hoagie  
Yam Patties  
Italian Green Beans  
Fruit choices

9

Pizza, variety  
Crinkle cut fries  
Corn on the cob  
Fruit choices

10

Beef Patty Sliders (2)  
Baked beans  
Baby carrots  
Fruit choices

13

Baked Pork chops  
Rice Pilaf  
Broccoli w/cheese  
Fruit choices

14

Spaghetti w/meat  
sauce  
Italian Green Beans  
Seasoned Corn  
Fruit choices

15

Hot wings  
Crinkle cut fries  
Garden Salad  
Brownie  
Fruit choices

16

Chili Cheese Hot Dog  
Onion Rings  
Sweet Peas  
Fruit choices

17

Cheese Enchilada  
Mexican Rice  
Seasoned Black beans  
Lettuce, tomato, onion  
Fruit choices

20

Salisbury Steak  
Creamy potatoes  
Sweet peas & Carrots  
Dinner Roll  
Fruit choices

21

Lemon Pepper Tilapia  
Rice Pilaf  
Italian Green Beans  
Garden Salad  
Fruit choices

22

Pulled Pork Sandwich  
Baked beans  
Coleslaw  
Fruit choices

23

Mozzarella Cheese  
Stick w/marinara sauce  
Crinkle cut fries  
Garden salad  
Fruit

24

Beef Stroganoff  
Lima Beans  
Garden Salad  
Fruit choices

27

Beef steak nuggets  
Mac & Cheese  
Sweet potato souffle  
Garden Salad  
Fruit choices

28

Lasagna Rolls w/sauce  
and mozzarella  
Squash  
Garden Salad  
Fruit choices

29

Baked Chicken  
Creamy potatoes  
Collard Greens/Turnip Greens  
Dinner Roll  
Garden Salad  
Fruit choices

30