

SEPTEMBER 2021

Fairfield City Schools 9-12 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



Labor Day

6

Fish Sandwich
Coleslaw
Onion Rings

7

Grilled Chicken Sandwich
Crinkle cut fries
Lettuce, tomato, pickle
Brownie
Fruit choices

1

Beef tips w/rice
Dinner Roll
Glazed carrots
Seasoned Corn
Fruit choices

2

Sausage Dog w/peppers & onions
Sweet Potatoes
Chili beans
Fruit choices

3

Beef Patty Sliders (2)
Baked Beans
Baby Carrots
Brownie
Fruit choices

13

Baked Pork Chops
Rice Pilaf
Dinner Roll
Broccoli w/cheese
Fruit choices

14

Spaghetti w/meat sauce
Lima Beans
Cornbread
Seasoned Corn
Fruit choices

15

Hot wings
Baked Potato w/sour cream, cheese, butter
Garden Salad
Cookies (2)

16

Chili Cheese Dogs
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 and carrots
Dinner Roll
Fruit choices

21

Lemon pepper tilapia
Rice pilaf
Dinner Roll
Garden Salad
Italian Green Beans
Fruit choices

22

Pulled Pork Sandwich
Baked Beans
Coleslaw
Fruit choices

23

Mozzarella Cheese Sticks
Crinkle Cut Fries
Corn on the cob (2)
Garden Salad & Fruit choices

24

Beef Stroganoff
Dinner Roll
Garden Salad
Lima Beans
Fruit choices

27

Corndog
Mac & Cheese
Sweet potato souffle
Garden Salad
Fruit choices

28

Lasagna Rolls w/sauce and
Mozzarella
Squash
Dinner roll
Garden Salad & Fruit choices

29

Baked Chicken
Creamy potatoes
Collard/Turnip greens
Cornbread

30