

DECEMBER 2021

Fairfield City Schools Menu

LUNCH



School Information: All menus are subject to change due to nationwide shortages. Milk variety and fruit served at all meals.



Nutrition Tip: Include whole grains. 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

Beef Patty Sliders
Fries
Green Beans
Fruit choices

6

Chicken Teriyaki
Fried Rice
Italian Mixed Vegetables
Garden Salad
Fruit choices

7

Salisbury Steak
Dinner Roll
Creamy Potatoes
Sweet Peas
Fruit choices

8

Chili w/chips
Steamed Carrots
Garden Salad
Fruit choices

9

Beef Hotdog
Baked Beans
Corn on the cob
Fruit choices

10

Spaghetti w/meat sauce
Seasoned green beans
Garden Salad
Fruit choices

13

Beef Stew
Rice
Caramelized Carrots
Garden Salad
Fruit choices

14

Baked Chicken
Collard Greens
Mini Sweet Potato Pies
Corn Bread
Fruit choices

15

Ham & Cheese sandwich
Sweet Potato fries
Mixed vegetables
Fruit choices

16

Pizza
Corn on the cob
French fries/tots
Fruit choices

17

20



21



22



23



24



27



29



29



30



31

