

DECEMBER 2021

Fairfield City Schools Breakfast Menu

BREAKFAST



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



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

MONDAY



Cereal Bar
Fruit
Fruit Juice
Milk Choices

6

TUESDAY

Breakfast Pizza
Fruit
Fruit Juice
Milk Choices

7

WEDNESDAY

E-Learning Day

1

Cereal w/Toast
Fruit
Fruit Juice
Milk Choices

8

THURSDAY

Assorted Muffins
Fruit
Fruit Juice
Milk Choices

2

Mini French Toast
Fruit
Fruit Juice
Milk Choices

9

FRIDAY

Sausage Biscuit
Fruit
Fruit Juice
Milk Choices

3

Pop-tart
Yogurt
Fruit
Fruit Juice
Milk Choices

10

Chicken Biscuit
Fruit
Fruit Juice
Milk Choices

13

Assorted Muffins
Fruit
Fruit Juice
Milk Choices

14

Cereal 2 oz.
Fruit
Fruit Juice
Milk Choices

15

Ham & Cheese
Biscuit
Fruit
Fruit Juice
Milk Choices

16

Pancake Sausage Bites
Fruit
Fruit Juice
Milk Choices

17



21



22



23



24



27



28



29



30



31