

MARCH 2022

Fairfield City Schools Pre-K

LUNCH



School Information: Menus are subject to change based on availability.
Milk choices offered daily.
Early dismissal March 14th



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or salmon.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Crispito
Potato wedges
Fruit choices

1

Porkchop w/cornbread
Green beans
Black eyed-peas
Fruit choices

2

PB & J
Potato wedges
Steamed carrots
Fruit choices

3

Teriyaki chicken
Rice
Mixed Vegetable
Garden salad
Fruit choice

4

Cheesy pull-apart
Sweet Potato fries
Garden Salad
Fruit choices

7

Taco Salad
Potato Wedges
Black beans
Fruit choices

8

Salisbury Steak
w/gravy
Rice
Sweet yams
Fruit choices

9

Beef Stroganoff
Steamed broccoli
Garden Salad
Fruit choice

10

Pizza
Potato wedges
Garden Salad
Fruit choice

11

Deluxe Hamburger
Sweet potato fries
Lettuce, tomato, pickles
Fruit choice

14

Beef Steak nuggets
Steamed broccoli
Potato wedges
Fruit choice

15

Baked chicken
Collard Greens
w/cornbread
Steamed carrots
Fruit choices

16

Meatball Sub
sandwich
Potato wedges
Garden Salad
Fruit choices

17

Pulled pork sandwich
Baked beans
Fruit choices

18

Chicken Sandwich
Sweet potato fries
Vegetable Medley
Fruit choice

21

Spaghetti w/roll
Garden Salad
Fruit choice

22

Chicken Alfredo
English Peas
Vegetable Medley
Fruit choice

23

Pork Rib Sandwich
Baked beans
Coleslaw
Fruit choice

24

Tacos
Pinto beans
Potato wedges
Fruit choice

25

