

SEPTEMBER 2023

Fairfield City Schools Pre-K

LUNCH



School Information: Type your school information here.



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



4



5

Chicken Alfredo
Breadstick
Garden Salad
Fresh Fruit
Milk choices

6

Chicken nuggets
Sweet Potato Fries
Garden Salad
Fruit cup
Milk choices

7

Pizza
Tater tots
Garden Salad
Fruit cup
Milk choices

8

PB J
Baked beans
Garden Salad
Fresh Fruit
Milk choices

11

Salisbury Steak
Creamy Potatoes
Green Beans
Dinner roll
Fruit cup
Milk choices

12

BBQ Chicken Sandwich
(fajita meat USDA)
Sweet Potato Fries
Fruit cup Milk choices

13

Spaghetti w/meat sauce
Garden salad
Fresh fruit
Milk choices

14

Quesadilla
Tater tots
Fresh Fruit
Milk choices

15

Chicken nuggets
Sweet Potato fries
Fresh fruit
Milk choices

18

Chicken & Broccoli
Alfredo
Garden Salad
Fruit cup
Milk choices

19

Crispito
Sweet Potato Fries
Garden Salad
Fruit cup & Fresh fruit
Milk choices

20

Baked porkchop
Rice Pilaf
Steamed Broccoli
Fresh fruit
Milk choices

21

Fish Filet Sandwich
Tater Tots
Fruit cup
Milk choices

22

Hot Ham & Cheese
Tater tots
Fruit cup
Milk choices

25

Quesadilla
Seasoned black beans
Fruit cup
Milk choices

26

Teriyaki Chicken & rice
Steamed Broccoli
Fruit cup
Milk choices

27

Mozzarella Cheese
Sticks
Steamed carrots
Fresh fruit
Milk choices

28

Hamburger
Tomato, lettuce, pickle
French fries
Fruit cup
Milk choices

29