

SEPTEMBER 2023

Fairfield City Schools 9-12

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



Cheeseburger Deluxe
Tomato, lettuce, pickle
Baked Beans
French Fries
Applesauce & Fresh Fruit



Chicken Alfredo
Breadstick
Garden Salad
Applesauce & Fresh Fruit
Milk choices

Chicken tender
Sandwich
Sweet Potato Fries
Garden Salad
Fruit cup & Fresh Fruit
Milk choices

Pizza
Tater tots
Garden Salad
Fruit cup & Fresh Fruit
Milk choices

Hotdog
Baked beans
Garden Salad
Applesauce & Fresh Fruit
Milk choices

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

BBQ Chicken Sandwich
(fajita meat USDA)
Sweet Potato Fries
Garden Salad
Fruit cup & Fresh Fruit
Milk choices

Spaghetti w/meat sauce
Steamed carrots
Garden salad
Orange juice & Fresh fruit
Milk choices

Hot wings
Carrots & Celery cups
Tater tots
Garden Salad
Fruit cup & Fresh Fruit
Milk choices

Chicken tenders
Sweet Potato fries
Garden Salad
Brownie
Fruit cup & Fresh fruit
Milk choices

Chicken & Broccoli
Alfredo
Dinner roll
Garden Salad
Fruit cup & Fresh fruit
Milk choices

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

Baked porkchop
Rice Pilaf
Steamed Broccoli
Fresh fruit & Fruit cup
Milk choices

Fish Filet Sandwich
Tater Tots
Garden Salad
Fruit cup & Fresh Fruit
Milk choices

Hot Ham & Cheese
Tater tots
Garden Salad
Fruit cup & Fresh fruit
Milk choices

Taco Salad
Seasoned black beans
Corn on the cob
Fruit cup & Fresh fruit
Milk choices

Teriyaki Chicken & rice
Garden Salad
Steamed Broccoli
Fruit cup & Fresh fruit
Brownie (prepackaged)
Milk choices

Mozzarella Cheese
Sticks
Steamed carrots
Garden Salad
Fruit cup & Fresh fruit
Milk choices

Cheeseburger Deluxe
Tomato, lettuce, pickle
Baked Beans
French fries
Fruit cup & Fresh Fruit
Milk choices