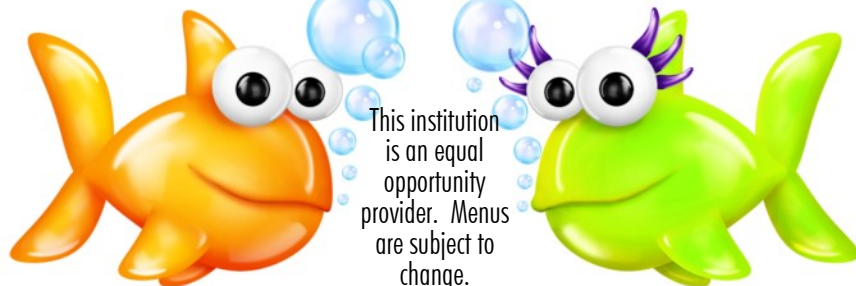


Menus for February 2024

Fairfield City
Schools
Prek



This institution
is an equal
opportunity
provider. Menus
are subject to
change.

Monday, February 5

Breakfast

Mini Pancakes (WG)
Fruit Cup, Milk

Lunch

Chicken Nuggets
Dinner Roll (WG)
Potato Wedges
Fruit Variety, Milk

Snack

Cheerios (WG)
Milk

Tuesday, February 6

Breakfast

Breakfast Pizza (WG)
Fruit Cup
Milk

Lunch

Grilled Cheese Sand. (WG)
Steamed Carrots
Fruit Variety
Milk

Snack

String Cheese
100% Juice

Wednesday, February 7

Breakfast

Ham & Cheese Biscuit (WG)
Fresh Fruit, Milk

Lunch

Crispy Chicken Sand. (WG)
Blackeye Peas
Fruit Variety
Milk

Snack

Fruit Cup
Milk

Thursday, February 8

Breakfast

Oatmeal w/Berries (WG)
Sausage Link
Fruit Cup, Milk

Lunch

Cheeseburger (WG)
Steamed Broccoli
Fresh Fruit
Milk

Snack

Goldfish (WG)
Fruit Cup

Friday, February 9

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Milk

Lunch

Pepperoni Pizza (WG)
English Peas
Fruit Variety
Milk

Snack

Graham Crackers (WG)
Milk

Thursday, February 1

Breakfast

Pancake (WG)
Fruit Cup
Milk

Lunch

Chicken Nuggets
Green Beans
Roll (WG)
Fruit Variety, Milk

Snack

Fruit Cup
Milk

Friday, February 2

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Milk

Lunch

Turkey & Cheese
Sand. (WG),
Carrot Sticks
Fruit Variety, Milk

Snack

String Cheese
100% Juice

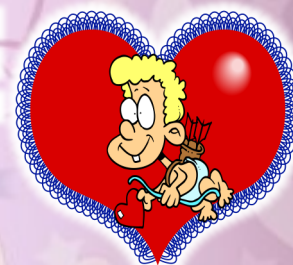
TRUST YOUR HEART.



Your heart knows: WHAT
TIME you eat matters.
Eating a healthy meal
early in the day is
linked to a lower risk of
heart attack, while eating
late at night before bed is
linked to an increased risk.
Listen to your heart!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

FAIRFIELD CITY SCHOOLS CHILD NUTRITION PROGRAM

2024

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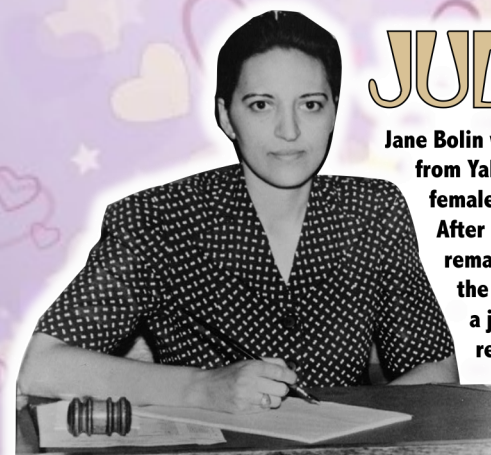
The Chinese New
Year begins with
the new moon on
February 10, 2024
is the Year of the
Dragon.



YEAR OF THE DRAGON



Every complete meal
we serve comes with
your choice of milk!



JUDGE JANE

Jane Bolin was the first black woman to graduate
from Yale Law School and the first black
female judge ever in the United States.
After her appointment in 1931, she
remained the sole black female judge in
the country for 20 years. After serving as
a judge for nearly half a century, she
retired and volunteered as a reading
instructor in New York City public
schools before her death at 98
years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Monday, February 12

Breakfast

Mini French Toast (WG)
Fresh Fruit
Milk

Lunch

Pulled Pork Sandwich (WG)
Baked Beans
Steamed Corn
Fruit Variety, Milk

Snack

Half Turk & Chs. Sand. (WG)
100% Juice

Tuesday, February 13

Breakfast

Chicken Biscuit (WG)
Fresh Fruit
Milk

Lunch

Waffle Sticks (WG)
Sausage Links
Tator Tots,
Fruit Variety, Milk

Snack

Fruit Cup
Milk

Wed., February 14

Breakfast

Grits w/Toast (WG)
Sausage Link
Fruit Cup, Milk

Lunch

Chicken Tenders (WG),
Dinner Roll (WG)
Green Beans
Fruit Variety, Milk

Snack

Pretzel
Fruit Cup

Thursday, February 15

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Milk

Lunch

Turkey & Cheese Sand. (WG)
Mixed Vegetable Medley
Fruit Variety
Milk

Snack

Animal Crackers (WG)
Milk

Friday, February 16

**E— Learning
Day**



Swans are one of the few animals that will mate for life!

Happy Valentine's Day!

Monday, February 19

Presidents' Day



No School Today

Tuesday, February 20

Breakfast

Mini Pancakes (WG)
Fruit Cup
Milk

Lunch

Beef & Bean Burrito (WG)
Mexicali Corn
Fruit Variety
Milk

Snack

Fresh Fruit
Milk

Wed., February 21

Breakfast

Yogurt
Fruit Cup
Milk

Lunch

Turkey & Cheese
Sandwich (WG)
Carrot Sticks
Fruit Variety, Milk

Snack

Tortilla Chips (WG)
100% Juice

Thursday, February 22

Breakfast

Steak Biscuit (WG)
Fresh Fruit
Milk

Lunch

Beef Nuggets
Steamed Rice (WG)
Glazed Carrots
Fresh Fruit, Milk

Snack

Cheerios (WG)
Milk

Friday, February 23

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Milk

Lunch

Pepperoni Pizza (WG)
French Fries
Fruit Variety, Milk

Snack

String Cheese
100% Juice

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Monday, February 26

Breakfast

Mini Cinnis (WG)
Fruit Cup
Milk

Lunch

Cheeseburger (WG)
Potato Wedges
Fresh Fruit, Milk

Snack

Cheese Crackers (WG)
Milk

Tuesday, February 27

Breakfast

Breakfast Yogurt Parfait
W/Graham Crackers (WG)
Fruit Cup
Milk

Lunch

Chicken Fajita (WG), Corn,
Fruit Variety, Milk

Snack

Half Turk & Chs. Sand. (WG)
100% Juice

Wed., February 28

Breakfast

Sausage Biscuit (WG)
Fresh Fruit
Milk

Lunch

Grilled Cheese
Sandwich (WG)
English Peas
Fruit Variety, Milk

Snack

Pretzel
Fruit Cup

Thursday, February 29

Breakfast

Egg Patty & Toast (WG)
Fresh Fruit
Milk

Lunch

BBQ Pulled Pork Plate (WG)
Blackeye Peas
Fruit Variety
Milk

Snack

Fruit Cup
Milk

Flu Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1 Wash your hands frequently.



2 Cover up when you sneeze or cough.



3 If you do get sick, stay home.