

Breakfast Menu

Fairfield-Suisun Unified School District K-8 Menu

December - March 2017-18

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks <i>OR</i> Cereal and Waffle Graham	Breakfast Pizza <i>OR</i> Cereal and Waffle Graham	Yogurt Parfait with fruit and crunchy granola <i>OR</i> Cereal and Waffle Graham	Cinnamon Roll <i>OR</i> Cereal and Waffle Graham	Ham and Cheese Breakfast Bagel <i>OR</i> Cereal and Waffle Graham
French Toast Breakfast Bar <i>OR</i> Cereal and Waffle Graham	Egg, cheese and Canadian Bacon English Muffin <i>OR</i> Cereal and Waffle Graham	Yogurt Cup and Sunrise Maple Crackers <i>OR</i> Cereal and Waffle Graham	Apple Cinnamon Bear Paw <i>OR</i> Cereal and Waffle Graham	Bagel with Cream Cheese <i>OR</i> Cereal and Waffle Graham

Welcome to the 2017-2018 School Year. We are looking forward to feeding your student and preparing them to learn. We serve breakfast and lunch each and every school day.

On the left you'll find our menus for breakfast and lunch. We are rotating the menu every two weeks and the color coded legend below shows which week we are serving.

We pride ourselves in preparing healthy meals for your students that are low in fat and sugar and meet or exceed nutritional standards. We offer fresh fruits and vegetables, whole grains and low fat or nonfat milk for all meals.

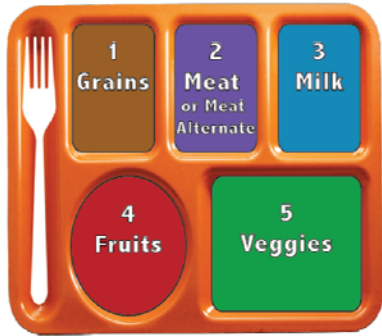
At lunch, in addition to the main menu, we offer a deli sandwich or PB&J Sandwich or Peanut Butter Snack Pack every day to give your student options to choose from.

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta with Meatballs and Marinara Sauce <i>OR</i> Crispy Drumstick and Smart Cookies	Orange Chicken Rice Bowl with a Fortune Cookie <i>OR</i> Crispy Chicken Burger	Cornbowl Mash with Popcorn Chicken, Mashed Potatoes and Corn <i>OR</i> Italian Breadsticks with Marinara Dipping Sauce	Fiesta Bean Dip served warm with Cheese, Salsa and Chips <i>OR</i> Pizza - Cheese or Pepperoni	Grilled Ham and Cheese Sandwich <i>OR</i> Hot Diggity Hot Dog and Potato Wedges
Macaroni and Cheese with Smart Cookies <i>OR</i> Chicken Tenders with Smart Cookies	Teriyaki Chicken Rice Bowl with a Fortune Cookie <i>OR</i> Mesquite Grilled Cheeseburger	Cowboy Chili with Cheesy Cornbread <i>OR</i> Mini Corndogs and Potato Wedges	Macho Nachos with Beef and Cheese <i>OR</i> Galaxy Pizza - Cheese or Pepperoni	Mexicali Bean and Cheese Burrito <i>OR</i> Super Pretzel with Cheese Sauce

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose at least 3 including:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, choose all 5

Meal Prices

Breakfast \$1.50 full price/\$0.30 reduced/\$3.00 for Adults

Lunch \$2.75 full price/\$0.40 reduced/\$4.00 for Adults

Please check our webpage for more information at:
www.fsusd.org/ChildNutrition

Prepayments are made easy at: www.MySchoolBucks.com

The menu is subject to change at times.

USDA is an equal opportunity provider.

Find out which menu week we are on by matching the colors on the calendar.

December					January					February					March				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
				1	H	H	H	H	H				1	2				1	H
4	5	6	7	8	8	9	10	11	12	5	6	7	8	9	5	6	7	8	9
11	12	16	14	15	H	16	17	18	19	H	13	14	15	16	12	13	14	15	16
18	19	20	21	H	22	23	24	25	26	H	20	21	22	23	19	20	21	22	23
H	H	H	H	H	29	30	31			26	27	28			H	H	H	H	H

