

MEALS ARE FREE TO ALL STUDENTS REGARDLESS OF NEED

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**ROCKBRIDGE COUNTY PUBLIC SCHOOLS  
SEPTEMBER 13 - OCTOBER 15, 2021 5 WEEK CYCLE MENU  
FAIRFIELD ELEMENTARY**

A COMPLETE LUNCH INCLUDES 1 PROTEIN/GRAIN ENTRÉE, 1 SERVING OF FRUIT, 1 OR 2 SERVINGS OF VEGETABLES & ONE-HALF PINT MILK.  
STUDENTS MAY SELECT LESS FOOD BUT MUST CHOOSE AT LEAST 1/2 CUP OF FRUIT OR VEGETABLE WITH LUNCH EVERYDAY.

\*\*\*\*\* MEALS ARE FREE TO ALL STUDENTS FOR SY21-22 SCHOOL YEAR \*\*\*\*\*

A COMPLETE BREAKFAST INCLUDES:

2 OZ. GRAIN OR 1 OZ. GRAIN AND MEAT/MEAT ALTERNATE, 1 CUP FRUIT AND MILK. CHOOSE 3 OR 4 ITEMS.  
BREAKFAST MUST INCLUDE AT LEAST 1/2 CUP FRUIT OR 1/2 CUP 100% FRUIT JUICE

MENUS ARE SUBJECT TO CHANGE DUE TO SUPPLIER AVAILABILITY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

All condiments are optional.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CYCLE WEEK 5 SEPTEMBER 13</b> <b>Breakfast</b> <b>FRENCH TOAST STICKS</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN PATTY ON BUN STEAMED PEAS SWEET POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	<b>14</b> <b>Breakfast</b> <b>BREAKFAST PIZZA</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> STEAK & GRAVY w/ Roll MASHED POTATOES GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK	<b>15</b> <b>Breakfast</b> <b>CERAL AND YOGURT</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HOT ITALIAN SUB ROMAINE SALAD FRENCH FRIES FRUIT ASSORTMENT CHOICE OF MILK	<b>16</b> <b>Breakfast</b> <b>PANCAKES</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> PEPPERONI PIZZA CORN BABY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	<b>17</b> <b>Breakfast</b> <b>MUFFIN &amp; CHEESE STICK</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESEBURGER ON BUN W/DORITOS BAKED BEANS POTATO WEDGES CHOICE OF MILK
<b>CYCLE WEEK 1 SEPTEMBER 20</b> <b>Breakfast</b> <b>CHICKEN BISCUIT</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> FRENCH TOAST & SAUSAGE HASH BROWN POTATO PATTY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	<b>21</b> <b>Breakfast</b> <b>FRUDEL</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> LASAGNA W/ GARLIC BREAD GREEN BEANS CUCUMBER WHEELS FRUIT ASSORTMENT CHOICE OF MILK	<b>22</b> <b>Breakfast</b> <b>PANCAKES</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN NUGGETS W/ROLL MASHED POTATOES STEAMED BROCCOLI FRUIT ASSORTMENT CHOICE OF MILK	<b>23</b> <b>Breakfast</b> <b>WAFFLE</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> TACO BOWL W/SCOOPS REFRIED BEANS CORN FRUIT ASSORTMENT CHOICE OF MILK	<b>24</b> <b>Breakfast</b> <b>CEREAL</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HAMBURGER ON BUN CARROTS-DIP OPTIONAL POTATO SMILES FRUIT ASSORTMENT CHOICE OF MILK
<b>CYCLE WEEK 2 SEPTEMBER 27</b> <b>Breakfast</b> <b>CINNAMON BUN</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESE BITES W/SAUCE BROCCOLI POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	<b>28</b> <b>Breakfast</b> <b>SAUSAGE BISCUIT</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CORN DOG NUGGETS TOMATO CUP STEAMED PEAS FRUIT ASSORTMENT CHOICE OF MILK	<b>29</b> <b>Breakfast</b> <b>BREAKFAST PIZZA</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HOT HAM & CHEESE ON BUN GREEN BEANS SWEET POTATO PUFFS FRUIT ASSORTMENT CHOICE OF MILK	<b>30</b> <b>Breakfast</b> <b>PANCAKE ON STICK</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN AND CHEESE QUESADILLA REFRIED BEANS SEASONED CORN FRUIT ASSORTMENT CHOICE OF MILK	<b>OCTOBER 1</b> <b>Breakfast</b> <b>FRENCH TOAST</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> PIZZA CUCUMBER WHEELS BAKED POTATO WEDGES FRUIT ASSORTMENT CHOICE OF MILK COOKIE
<b>CYCLE WEEK 3 OCTOBER 4</b> <b>Breakfast</b> <b>WG POPTART WITH YOGURT</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN PATTY ON BUN STEAMED BROCCOLI POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	<b>5</b> <b>Breakfast</b> <b>CEREAL</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESE BITES W/SAUCE ROMAINE SALAD STEAMED CORN FRUIT ASSORTMENT CHOICE OF MILK	<b>6</b> <b>Breakfast</b> <b>CINNAMON BUN</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> GRILLED CHEESE SANDWICH BAKED FRIES TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	<b>7</b> <b>Breakfast</b> <b>EGG &amp; CHEESE BISCUIT</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> PIZZA SEASONED PEAS CUCUMBER WHEELS FRUIT ASSORTMENT CHOICE OF MILK	<b>8</b> <b>Breakfast</b> <b>FRUDEL</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> POPCORN CHICKEN GREEN BEANS BABY CARROTS FRUIT ASSORTMENT CHOICE OF MILK
<b>CYCLE WEEK 4 OCTOBER 11</b> <b>Breakfast</b> <b>BISCUIT WITH CHEESE STICK</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HOT DOG ON BUN FRESH VEGGIE CUP SMILEY POTATOES FRUIT ASSORTMENT CHOICE OF MILK	<b>12</b> <b>Breakfast</b> <b>CEREAL</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN NUGGETS W/ROLL CORN TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	<b>13</b> <b>Breakfast</b> <b>CINNAMON BUN</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> BAR-B-QUE ON BUN COLE SLAW BAKED BEANS FRUIT ASSORTMENT CHOICE OF MILK	<b>14</b> <b>Breakfast</b> <b>EGG &amp; CHEESE BISCUIT</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> POPCORN CHICKEN MASHED POTATOES ROMAINE SALAD FRUIT ASSORTMENT CHOICE OF MILK	<b>15</b> <b>Breakfast</b> <b>FRUDEL</b> FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESE PIZZA GREEN BEANS CARROTS-DIP OPTIONAL FRUIT ASSORTMENT CHOICE OF MILK