

MEALS ARE FREE TO ALL STUDENTS
REGARDLESS OF NEED

1 Breakfast and 1 lunch per day.

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ROCKBRIDGE COUNTY PUBLIC SCHOOLS
OCTOBER 18, 2021- NOVEMBER 23, 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

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.

MENUS ARE SUBJECT TO CHANGE DUE TO SUPPLIER AVAILABILITY

All condiments are optional.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CYCLE WEEK 1 OCTOBER 18</p>  <p>Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CORN DOG NUGGETS GREEN BEANS TOMATOES FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>19</p> <p>Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CORN DOG NUGGETS GREEN BEANS TOMATOES FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>20</p> <p>Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN NUGGETS W/ROLL MAC-N-CHEESE STEAMED BROCCOLI FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>21</p> <p>Breakfast WAFFLE FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch TACO BOWL W/SCOOPS REFRIED BEANS CORN FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>22</p> <p>Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch HAMBURGER ON BUN CARROTS-DIP OPTIONAL POTATO SMILES FRUIT ASSORTMENT CHOICE OF MILK</p>
<p>CYCLE WEEK 2 OCTOBER 25</p> <p>Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHEESE BITES W/SAUCE BROCCOLI POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>26</p> <p>Breakfast SAUSAGE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch LASAGNA W/ GARLIC BREAD TOMATO CUP STEAMED PEAS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>27</p> <p>Breakfast BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN TENDERS GREEN BEANS SWEET POTATO PUFFS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>28</p> <p>Breakfast PANCAKE ON STICK FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN AND CHEESE QUESADILLA REFRIED BEANS SEASONED CORN FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>29</p> <p>Breakfast FRENCH TOAST FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch PIZZA CUCUMBER WHEELS BAKED POTATO WEDGES FRUIT ASSORTMENT CHOICE OF MILK COOKIE</p>
<p>CYCLE WEEK 3 NOVEMBER 1</p> <p>Breakfast WG POPTART WITH YOGURT FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN PATTY ON BUN STEAMED BROCCOLI POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>2</p> <p>Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch PIZZA ROMAINE SALAD STEAMED CORN FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>3</p> <p>Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch GRILLED CHEESE SANDWICH BAKED FRIES CUCUMBER WHEELS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>4</p> <p>Breakfast WAFFLE FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch BEEF & BEAN BURRITO SEASONED PEAS TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>5</p> <p>Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch POPCORN CHICKEN GREEN BEANS BABY CARROTS FRUIT ASSORTMENT CHOICE OF MILK</p>
<p>CYCLE WEEK 4 NOVEMBER 8</p> <p>Breakfast BISCUIT WITH CHEESE STICK FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN & WAFFLE SANDWICH FRESH VEGGIE CUP TATER TOTS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>9</p> <p>Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN NUGGETS W/ROLL CORN TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>10</p> <p>Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch FISH SANDWICH COLE SLAW FRIES FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>11</p> <p>Breakfast APPLE FRENCH TOAST FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch POPCORN CHICKEN MASHED POTATOES ROMAINE SALAD FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>12</p> <p>Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHEESE PIZZA GREEN BEANS CARROTS-DIP OPTIONAL FRUIT ASSORTMENT CHOICE OF MILK</p>
<p>CYCLE WEEK 5 NOVEMBER 15</p> <p>Breakfast CHICKEN BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHICKEN NUGGETS STEAMED PEAS TATER TOTS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>16</p> <p>Breakfast BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHEESE BITES W/SAUCE CARROT CUP GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>17</p> <p>Breakfast CERAL AND YOGURT FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch HOT ITALIAN SUB ROMAINE SALAD FRENCH FRIES FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>18</p> <p>Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch PEPPERONI PIZZA CORN BABY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK</p>	<p>19</p> <p>Breakfast MUFFIN & CHEESE STICK FRUIT AND 100% JUICE CHOICE OF MILK</p> <p>Lunch CHEESEBURGER ON BUN W/DORITOS BAKED BEANS POTATO WEDGES CHOICE OF MILK</p>