



# JANUARY | 2022

## FAIRFIELD UNION HIGH SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |   |  |   |
|--|--|---|--|---|
| <p><b>3</b> Waffles Sprinkled w/ Cinnamon &amp; Sugar Syrup<br/>Sausage Links<br/>Tater Tots<br/>Baby Carrots / Celery W/ Dip<br/>Fresh Fruit / Fruit Cup<br/>Milk</p> | <p><b>4</b> SUB BAR<br/>OR<br/>Choice Sandwiches / Pizza<br/>Steamed Broccoli<br/>Baby Carrots W/ Dip<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                       | <p><b>5</b> General TSO Chicken<br/>White Rice<br/>Normandy Blend Vegetables<br/>Mandarin Oranges<br/>Fortune Cookie<br/>Fresh Fruit/Fruit Cup<br/>Milk</p>                       | <p><b>6</b> SUB BAR<br/>Or<br/>Choice Sandwiches / Pizza<br/>Steamed Buttery Carrots<br/>Romaine Salad Blend<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                | <p><b>7</b> Regular or Spicy Chicken Tenders<br/>Deli Roaster Potatoes<br/>California Blend<br/>Fresh Fruit/Fruit Cup<br/>Milk</p>                  |
| <p><b>10</b> Popcorn Chicken Bowl<br/>Mashed Potatoes<br/>Shredded Cheese<br/>Roll / Gravy<br/>Steamed Corn<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                   | <p><b>11</b> Sub Bar<br/>OR<br/>Choice Sandwiches / Pizza<br/>Green Beans<br/>Baby Carrots / Celery Sticks<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                  | <p><b>12</b> Mini Corn Dogs<br/>Mac &amp; Cheese<br/>Peas<br/>Romaine Salad Blend<br/>W/ Cherry Tomatoes<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                 | <p><b>13</b> Sub Bar<br/>OR<br/>Choice Sandwiches / Pizza<br/>Steamed Broccoli<br/>Baby Carrots w/Hummus<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                    | <p><b>14</b> ** 2 HR Late Arrival **<br/><br/>Bosco Cheese Sticks<br/>Marinara Cup<br/>Oven Fries<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>          |
| <p><b>17</b> <b>No School</b><br/>Martin Luther King Day</p>   | <p><b>18</b> Sub Bar<br/>OR<br/>Choice Sandwiches / Pizza<br/>California Blend<br/>Baby Carrots / Hummus<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                    | <p><b>19</b> Tangerine Chicken<br/>Rice<br/>Oriental Blend Vegetables<br/>Egg Roll<br/>Pineapple Tidbits<br/>Romaine Salad Mix<br/>Milk</p>                                       | <p><b>20</b> Sub Bar<br/>OR<br/>Choice Sandwiches / Pizza<br/>Baby Baker Potatoes<br/>Fresh Broccoli w/ Dip<br/>Fresh Fruit / Fruit Cup<br/>Milk</p>                                 | <p><b>21</b> Grilled Cheese Sandwich<br/>Tomato Soup or Chili<br/>Saltine Crackers<br/>Steamed Green Beans<br/>Fresh Fruit / Fruit Cup<br/>Milk</p> |
| <p><b>24</b> Chicken Tender Wrap<br/>Soft Tortilla Shell<br/>Shredded Cheddar Cheese<br/>Oven Fries<br/>Cucumber Slices<br/>Fresh Fruit/Fruit Cup<br/>Milk</p>         | <p><b>25</b> SUB BAR<br/>Or<br/>Choice Sandwiches / Pizza<br/>Baby Carrots W / Hummus<br/>Romaine Salad Blend<br/>Cinnamon Goldfish Grahams<br/>Fresh Fruit / Fruit Cup<br/>Milk</p> | <p><b>26</b> BREAKFAST BOWL<br/>Scrambled Eggs<br/>Deli Roaster Potatoes<br/>Sausage<br/>Sausage Gravy / Biscuit<br/>Romaine Salad Blend<br/>Fresh Fruit / Fruit Cup<br/>Milk</p> | <p><b>27</b> Sub Bar<br/>OR<br/>Choice Sandwiches / Pizza<br/>Key West Vegetable Blend<br/>Van/Choc Pudding Cup<br/>Romaine Salad w/ Tomatoes<br/>Fresh Fruit/Fruit Cup<br/>Milk</p> | <p><b>28</b> Walking Taco<br/>Beef Taco Meat<br/>Steamed Corn / Refried Beans<br/>Cheese / Lettuce / Salsa<br/>Fresh Fruit / Fruit Cup<br/>Milk</p> |
| <p><b>31</b> Chicken &amp; Waffles<br/>Syrup Cup<br/>Steamed Corn<br/>Baby Carrots / Hummus<br/>Fresh Fruit/Fruit Cup<br/>Milk</p>                                     | <p><b>1</b></p>  | <p><b>2</b></p>   | <p><b>3</b></p>  | <p><b>4</b></p>   |

### News

LUNCH AND BREAKFAST ARE FREE FOR ALL STUDENTS UNTIL FURTHER NOTICE FROM THE USDA.

SECOND STUDENT LUNCH \$3.00  
ADULT LUNCH W/O MILK \$3.25

MEALS ARE PREPARED TO MEET THE LUNCH MEAL PATTERN GUIDELINES FOR THE NATIONAL SCHOOL LUNCH PROGRAM. LUNCH CONSISTS OF A MEAT/MEAT ALTERNATE, VEGETABLE(S), FRUIT, GRAIN AND MILK. THREE OF THE FIVE COMPONENTS OFFERED MUST BE SELECTED TO MAKE A COMPLETE MEAL. EACH STUDENT MUST TAKE AT LEAST ½ CUP VEGETABLE OR FRUIT AS PART OF THEIR COMPLETE MEAL.

BREAKFAST IS SERVED EACH MORNING. STUDENT MUST HAVE AT LEAST ½ CUP OF FRUIT OR FRUIT JUICE AS PART OF THEIR COMPLETE BREAKFAST.

\*MENU SUBJECT TO CHANGE\*

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

\*\* SUB BAR ON TUESDAYS & THURSDAYS \*\*