

Fairfield High Schools

Welcome to our
Lunch Cafe

10/2/2017 - 10/6/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Chicken Teriyaki Sandwich
sandwich with chicken breast marinated in teriyaki sauce, topped with lettuce and tomato

Tuna Salad Melt
tuna salad with melted American cheese on a bun

Grilled Veggie Wrap
grilled vegetables and cheese served on a wrap

Chicken Salad Wrap
chicken salad in a wrap

American Beauty Sandwich
thinly sliced turkey and cheese, lettuce and tomato on a roll

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Spinach Pizza
fresh pizza dough topped with marinara sauce, fresh spinach and mozzarella cheese

Sausage Pizza
traditional pizza slice topped with sausage

Buffalo Chicken Pizza Pops
crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing

Tossed Salad Pizza
pizza dough topped with tossed greens, tomatoes and balsamic vinaigrette

Calzone 3 Cheese
calzone stuffed with three delicious melted cheeses

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Grilled Ham and Cheese Sandwich
ham and melted cheese on grilled golden brown bread
Glazed Carrots

Pasta Alfredo with Chicken & Broccoli
pasta with alfredo sauce, grilled chicken strips and broccoli florets
Caesar Salad

Sausage, Egg & Cheese Burrito*
sausage, egg, cheese and peppers wrapped inside a flour tortilla
Tator Tots

Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks
Fresh Cucumber Salad

Philly Cheese Sandwich
beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun
Garden Salad



Bean & Veggie Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream

Beef and Cheese Quesadilla
melted chesse and fiesta beef folded inside a grilled tortilla

Fiesta Taco Salad
a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar

BBQ Chicken Nachos
crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage

Soft Taco
fiesta-style meat with melted cheese arranged in a soft taco shell

Available Daily: Nachos, Cripsy and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun

BLT Burger
burger topped with bacon, lettuce and tomato on a freshly toasted bun

Fish Sandwich
fish fillet on a bun with cheese

Boneless Chicken Wings
breaded chicken wings baked to perfection

Chicken Bacon Sandwich
tender, crispy chicken patty topped with crispy bacon and leaf lettuce

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



House Chop Salad with Ham & Dinner Rolls
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing

Spinach Mandarin Salad with Dinner Rolls
tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella

Crudite & Cheese Plattter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese

Buffalo Chicken Salad with Dinner Rolls
spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes

Mexican Salad
Salad with beans, corn, sour cream, and salsa

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad
Side Garden Salad
Cucumber Coins
Fresh Baby Carrots
Fresh Apple
Fresh Orange
Melon Cup
Pineapple

Red Pepper Strips
Fresh Broccoli
Mesclun Spring Mix
Garbanzo Beans
Fresh Strawberries
Fresh Red Grapes
Fresh Orange
Melon Cup

Grape Tomatoes
Cucumber Coins
Celery
Fresh Baby Carrots
Fresh Apple
Pineapple
Fresh Banana
Fresh Red Grapes

Garbanzo Beans
Romaine Lettuce
Green Pepper Slices
Fresh Baby Carrots
Fresh Orange
Pineapple
Fresh Strawberries
Fresh Red Grapes

Fresh Broccoli
Mesclun Spring Mix
Grape Tomatoes
Cucumber Coins
Fresh Apple
Fresh Orange
Melon Cup
Fresh Banana

Fresh Fruits and Vegetables and Choice of Milk



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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice. At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored. Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

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Fairfield High Schools

Welcome to our
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10/9/2017 - 10/13/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Honey Mustard Chicken Wrap
crispy breaded chicken strips, lettuce, tomato and honey mustard dressing in a wrap

Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on a wrap

**PSAT
Early
Dismissal**

Egg Salad Sandwich
fresh mixed egg salad on assorted bread options

South of the Border Wrap
warm chicken, seasoned rice, and cheddar cheese wrapped in a tortilla

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Buffalo Chicken Stromboli
zesty buffalo chicken with mozzarella cheese and pizza sauce wrapped in garlic pizza dough

Pepper & Onion Pizza
fresh pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions

BBQ Chicken Pizza
fresh pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, red onion and cilantro

Broccoli Calzone
calzone stuffed with melted cheese and sauteed broccoli

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Fish Tacos
seasoned baked fish pieces topped with lettuce and cheese in warm taco shells
Sauteed Corn & Black Bean Salsa

Sweet & Sour Chicken Sauce & Toss
popcorn chicken in a sweet & sour sauce
Brown Rice
Steamed Broccoli

Sausage Onions & Peppers Sandwich
Italian sausage sandwich topped with sauteed onions and peppers
Tomato Salad

Buffalo Chicken and Cheese Quesadilla
fiesta style chicken and cheddar cheese inside a grilled folded tortilla spread with hot sauce
Veggie Dippers



Burrito
fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla

Cheese Quesadilla
freshly grilled flour tortilla with melty cheese

Nachos with Cheese
creamy cheese layered over a bed of nachos

Crispy Tacos
crispy taco shells filled with taco meat and cheddar cheese

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Egg and Cheese Sandwich
breakfast sandwich topped with egg and cheese

BBQ Rib Sandwich
BBQ rib patty on a bun

Buffalo Meatball Parmesan Hero
meatballs tossed in tomato and buffalo sauces, topped with melted mozzarella cheese

Chicken Club Sandwich
sandwich with grilled chicken, crispy bacon strips, lettuce and tomato

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Garden Salad Entree
fresh garden salad topped with meat

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs

Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Corn & Vegetable Salad
Fresh Broccoli
Mesclun Spring Mix
Green Pepper Slices
Fresh Apple
Melon Cup
Pineapple
Fresh Red Grapes

Tomato Salad
Celery
Garbanzo Beans
Cucumber Coins
Fresh Apple
Pineapple
Fresh Banana
Fresh Strawberries

Bean Salad
Fresh Broccoli
Grape Tomatoes
Cucumber Coins
Red Pepper Strips
Pineapple
Fresh Banana
Celery
Fresh Red Grapes

Spinach Salad
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Melon Cup
Fresh Strawberries
Green Pepper Slices



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Fairfield High Schools

10/16/2017 - 10/20/2017

Welcome to our
Lunch Cafe

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Chicken Wrap
chicken breast with BBQ sauce, lettuce and tomato in a wrap

Vegetarian Wrap
cheese, cucumbers, tomatoes, and red onions on a tortilla wrap spread with hummus

Tuna Salad Wrap*
fresh chunky tuna salad with field greens and tomatoes served in a wrap

Roma Pepperoni Griller
grilled cheese with mozzarella, pepperoni, pizza sauce, and provolone

Reuben Sandwich
meat and Swiss cheese with sauerkraut and dressing, pressed between two slices of bread

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Buffalo Chicken Pizza
cheese pizza topped with Buffalo chicken pieces

Meatball and Cheese Stromboli
Meatballs and melted cheese wrapped in pizza dough

Cheese Pizza Pops
garlic pizza dough stuffed with mozzarella cheese, tomato sauce and crushed red pepper

Grilled Vegetable Pizza
grilled pizza topped with zucchini, squash, eggplant, scallions and mozzarella

Chicken & Spinach Calzone
garlic toasted pizza crust filled with chicken, spinach, ricotta and melted cheeses

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection
Roasted Lemon Parmesan Broccoli

French Toast
French toast baked to perfection
Scrambled Eggs
Turkey Bacon
Strawberry Cup

Ruby's Chicken Cordon Bleu Sandwich
chicken, ham and cheese with lettuce and pickle chips on a bun
Steamed Spinach

Chicago Style Hot Dog
skinless hot dog on a bun, topped with mustard, pickle chips, onions, tomatoes, tomatoes and jalapeño peppers
Potato Salad

Greek Chicken Flatbread
grilled flatbread with greek style chicken, topped with feta and mozzarella cheeses, roasted red peppers and spinach
Tomato Salad



Bean & Veggie Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream

Ranch & Chicken Quesadilla
fiesta chicken, mozzarella and ranch dressing melted into a tortilla

Fiesta Taco Salad
a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar

Nachos Grande
tortilla chips topped with mexi style meat and cheese sauce

Soft Taco
fiesta-style meat with melted cheese arranged in a soft taco shell

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Toasty Garlic Mozzarella Sandwich with Tomato
toasted garlic bread sandwich stuffed with mozzarella and tomato

Boneless Chicken Wings
breaded chicken wings baked to perfection

Bacon Cheeseburger
burger topped with cheese and bacon on a freshly toasted bun

French Patty Melt
grilled burger topped with onions with lettuce and tomatoes

Buffalo Chicken Sandwich
chicken marinated in hot sauce on a roll, topped with lettuce and tomato

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



House Chop Salad with Ham & Dinner Rolls
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing

Spinach Mandarin Salad with Dinner Rolls
tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella

Crudite & Cheese Plattter
cucumber, carrots, pepper slices and tomatoes, served with a buttermilk ranch dressing for dipping, and mozzarella cheese

Buffalo Chicken Salad with Dinner Rolls
spicy chicken on a bed of romaine lettuce with cucumbers, carrots and tomatoes

Mexican Salad
Salad with beans, corn, sour cream, and salsa

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad
Fresh Broccoli
Mesclun Spring Mix
Red Pepper Strips
Fresh Apple
Fresh Orange
Pineapple
Fresh Red Grapes

Grape Tomatoes
Green Bean Salad
Mesclun Spring Mix
Red Pepper Strips
Fresh Orange
Melon Cup
Fresh Strawberries
Fresh Red Grapes

Fresh Baby Carrots
Fresh Cucumber Salad
Red Pepper Strips
Lite Veggie Pasta Salad
Fresh Apple
Pineapple
Fresh Banana
Fresh Red Grapes

Bean and Vegetable Salad
Fresh Broccoli
Grape Tomatoes
Cucumber Coins
Fresh Orange
Melon Cup
Fresh Banana
Fresh Strawberries

Side Salad
Celery
Red Pepper Strips
Fresh Baby Carrots
Mediterranean
Watermelon Side Salad
Fresh Apple
Pineapple
Fresh Strawberries



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Fairfield High Schools

Welcome to our
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10/23/2017 - 10/27/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Balsamic Glazed Vegetable Sandwich
grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll

Chicken Delight Wrap
chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla

Turkey Ranch Wrap
turkey breast with lettuce, tomato and ranch on a wrap

Classic Harvest Wrap
ham, mozzarella cheese, tossed greens and tomatoes wrapped in a wrap

American Combo Sandwich
thinly sliced deli meat and cheese sandwich

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice

Buffalo Chicken Pizza Pops
crispy pizza dough stuffed with cheddar cheese, buffalo chicken and ranch dressing

Fresh Basil & Red Pepper Pizza
pizza topped with roasted peppers and fresh basil

Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Meatball Dunkers

Sausage & Mushroom Calzone
sweet Italian sausage, mushrooms and mozzarella stuffed in folded pizza dough and baked

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Steamed Dumplings
stuffed dumplings perfect for dipping in your favorite Asian sauce
Vegetable Fried Rice

Cuban Sandwich
grilled sandwich with roasted pork loin and Swiss cheese
Roasted Potatoes

Chicken Nugget & Mozzarella Stick Combo
everyone's two favorite foods on one plate! Crispy chicken nuggets and gooey mozzarella sticks served with dipping sauce
Caesar Salad

Waffles with Sausage
light and crispy waffles served with a sausage patty
Syrup
Tator Tots

Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta
Roasted Squash



Burrito
fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla

Quesadilla Santa Fe
chicken, cheddar, roasted peppers and corn over tortilla wrap spread with salsa, folded and grilled

Fiesta Taco Salad
a crunchy tortilla bowl filled with fiesta style beef, cucumber, tomato, lettuce, and cheddar

Nachos with Cheese
creamy cheese layered over a bed of nachos

Crispy Tacos
crispy taco shells filled with taco meat and cheddar cheese

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce

Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun

Chicken Parm Sandwich
chicken patty topped with melted cheese and tomato sauce on a roll

Grilled Turkey & Bacon Melt
gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread

Grilled Cheese
melted cheese on golden toasted bread

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



Garden Salad Entree
fresh garden salad topped with meat

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg

Tuna Salad Plate
garden salad topped with freshly made tuna salad

Garden Salad with Hard Boiled Eggs & Dinner Rolls
garden salad with tomato, cucumber, carrot, and hard boiled eggs

Grilled Chicken Salad with Dinner Rolls
grilled chicken breast, lettuce, julienned carrots, sliced tomatoes and cucumbers

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Corn & Vegetable Salad
Fresh Broccoli
Garbanzo Beans
Cucumber Coins
Fresh Apple
Fresh Orange
Melon Cup
Fresh Red Grapes

Red Pepper Strips
Squash Medley
Mesclun Spring Mix
Fresh Baby Carrots
Fresh Orange
Melon Cup
Pineapple
Fresh Strawberries

Tomato Salad
Garbanzo Beans
Cucumber Coins
Celery
Fresh Apple
Fresh Banana
Fresh Strawberries
Fresh Red Grapes

Sriracha Garbanzo Beans
Fresh Broccoli
Grape Tomatoes
Red Pepper Strips
Fresh Apple
Melon Cup
Pineapple
Fresh Strawberries

Mesclun Spring Mix
Grape Tomatoes
Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Melon Cup
Pineapple
Fresh Banana



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Fairfield High Schools

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10/30/2017 - 10/31/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Love At First Bite Sandwich
turkey breast and cheese with lettuce and tomato on a roll spread with thousand island dressing

Buffalo Chicken Wrap
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with an assortment of vegetable toppings



Santa Margarita Pizza
whole wheat pizza crust topped with shredded mozzarella, plum tomatoes and tomato sauce

Bacon Pizza
pizza dough topped with tomato sauce, cheese and crispy bacon

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring Whole Grain Rich Pizza Dough



Mac & Cheese
pasta in cheese sauce, garnished with parsley
Steamed Broccoli

St. Louis BBQ Rib Sandwich*
boneless ribs in bbq sauce with cheddar and onion rings on a bun
Baked potato
Cinnamon Apple Slices



Burrito
fiesta style meat with sour cream, refried beans, rice, cheddar, lettuce and salsa wrapped in a tortilla

Veggie Bean Quesadilla
cheesy quesadilla, stuffed with black beans, onions and sauteed peppers

Available Daily: Nachos, Crips and Soft Tacos, Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese Sauce, Shredded Cheddar, Shredded Lettuce, Salsa and Fresh Pico De



Chicken Bacon Sandwich
tender, crispy chicken patty topped with crispy bacon and leaf lettuce

Balsamic Glazed Vegetable Sandwich
grilled eggplant, zucchini, squash and peppers marinated in balsamic glaze on a roll

Available Daily: Hamburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches with Assorted Cheeses and Vegetable Toppings



House Chop Salad with Ham & Dinner Rolls
ham, tomatoes, and red peppers on a bed of lettuce served with Italian dressing

Spinach Mandarin Salad with Dinner Rolls
tossed fresh spinach, orange slices, onions and mushrooms, topped with shredded mozzarella

Available Daily: Garden Salad w Cheese, Chef Salad, Chicken Caesar Salad, Chicken Caesar Wrap, Buffalo Chicken Wrap, Turkey & Cheese Wrap, Ham & Cheese Wrap, Organic Yogurt Parfaits



Potato Salad
Fresh Broccoli
Garbanzo Beans
Grape Tomatoes
Fresh Orange
Fresh Strawberries
Fresh Red Grapes

Fresh Baby Carrots
Celery
Green Pepper Slices
Cucumber Coins
Fresh Apple
Melon Cup
Pineapple
Fresh Red Grapes



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